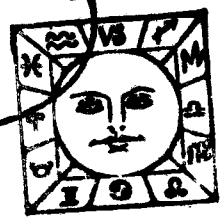
Janie



FORTUNES
CHILD
375-0022
REDONDO BEACH, CA. 90277

How to Train Your Child's Subconscious Mind for Health, Wealth, and Happiness

How to Train Your Child's Subconscious Mind for Health, Wealth, and Happiness

ANTHONY NORVELL

Parker Publishing Company, Inc.
West Nyack, N.Y.

© 1968 BY
PARKER PUBLISHING COMPANY, INC.
WEST NYACK, N.Y.

ALL RIGHTS RESERVED. NO PART OF THIS BOOK MAY BE REPRODUCED IN ANY FORM OR BY ANY MEANS, WITHOUT PERMISSION IN WRITING FROM THE PUBLISHER

LIBRARY OF CONGRESS
CATALOG CARD NUMBER: 68–15849

PRINTED IN THE UNITED STATES OF AMERICA

B&P

I dedicate this book to the thousands of parents and their children who have used this system of subconscious child training successfully over the years and whose lives are blessed with health, happiness and abundance

A Doctor's Foreword

There is only one logical place to begin training our children successfully, and that is in the home, where the parents have the first contacts with the growing child's sensitive and impressionable mind. It is there that the parents have the child all to themselves and may condition the child's subconscious mind for happiness in goodness, morality, integrity, and success in whatever field desired.

At long last a book has been written that demonstrates this process of child home training from the cradle and on up through the formative years. It is this book you have just begun to read.

I have read Mr. Norvell's book and I sincerely believe that it holds the answers that so many parents are seeking to help their children mature into emotionally balanced, healthy, happy, and prosperous adults. I heartily recommend this book to all parents as well as others charged with bringing up children, who are searching for a psychologically sound method to help their children overcome the negative influences rampant in the world.

Now, more than in any other age, children are exposed to negative patterns of conduct which they tend to emulate. On our TV screens and in our movies, children see examples of brutality, immorality, and violence. They tend to be influenced by these negative patterns of conduct. To counteract these and other negative influences, parents need practical guidance in the method for fortifying their children's subconscious minds against these erosive and destructive forces.

Mr. Norvell's book states in simple, non-technical and easy to understand language, the principles and programs for a child's subconscious training that parents may begin to use immediately, no matter at what ages their children may now be. It is a book that should win immediate acceptance by the vast majority of parents who are desperately searching for a workable method that can help their children achieve a happy, well-adjusted, and successful life.

A great deal more is known now about the subconscious mind than was known in Freud's time, when he discovered this amazing hidden entity. We now know that the subconscious mind is a powerful medium for building negative or positive habit patterns; we know that it works ceaselessly, regulating and controlling the automatic functions of the body, such as blood circulation, heart beat, digestion, and glandular function, to name just a few.

The habit patterns that a parent instills in his child's subconscious mind tend to remain with the child for life. In Mr. Norvell's programs of subconscious training, he utilizes this scientific principle as the basis for deliberately directing and controlling a child's psychic or mental energies into fruitful, constructive, and positive channels that immeasurably enrich the child's life.

This book will be a source of definite help and inspiration for troubled or anxious parents who want to see their children achieve happiness and fulfillment.

I do not hesitate to recommend this book to all parents who desire to bring their children up to become responsible, well-adjusted, happy, and prosperous adults.

W. Spencer Gurnee, M.D.

A Word from the Author

It was more than twenty-five years ago that I discovered and began to use the principles of subconscious training for children that are given in this book. In my work as a lecturer on human relations in Carnegie Hall, hundreds of troubled parents came to me for personal consultations on their children's problems. From these consultations I evolved a system of subconscious training for children which parents could use to help change their children's habit patterns into positive, creative ones. Many parents began this subconscious training from the time their children were born, and they began to report astounding results.

They saw their children mature into well-behaved, talented and brilliant youngsters. Some of these children went on to become lawyers, doctors, businessmen, authors, composers, actors, and musicians. Over the years I observed the astonishing results achieved by this system of child training, and seldom did any of these children become delinquents or develop hostility, aggressiveness, or anti-social behavior.

This book can help work miracles for your child

The book which you now hold in your hands is the result of these twenty-five years of study and application of the principles of subconscious training to children.

If you conscientiously apply these principles you can expect them to work miracles for your child. You can reach his subconscious mind through the simple, easy to understand guidance

programs given in this book. You can shape your child's thinking in every department of his life, without robbing him of his own individuality; you can instill habits of honesty, morality, kindness, integrity, studiousness, courtesy, and manners in your child's subconscious mind which will become involved in his sympathetic nervous system and cause corresponding reflex actions in his body.

The tremendous power of the subconscious mind

You can even influence your child's personality through his subconscious mind and create a forceful, dynamic, and magnetic person who will influence people for good and who can sway and control others in his adult life.

You will learn how to influence your child's health habits, creating in his subconscious mind the flow of life force and dynamic energy that will keep him healthy, strong, and vital throughout his entire life.

You can help your child become a creative genius in any profession he chooses. You can influence him in the choice of his career, leaving the final decision up to him, but you can instill principles and sound dynamic mental action that will enable him to choose wisely the career in which he can best express his creative powers.

You can influence the course of your child's destiny

You can plant the mental seed in your child's subconscious mind that will make him a happy, well-adjusted, cheerful, and optimistic person who can face life's challenges with poise and power.

You will be able to constructively influence your child's future love life, his marriage, and the formation of his own home, through planting sound subconscious principles in his mind. You can give your child a healthy attitude towards love, sex, and reproduction which will help raise him above the sordid base passions and animalism which seem to be engulfing so many of our children today.

With this system of subconscious training, you can help your child overcome fears, worries, and anxieties that plague countless children today, resulting in emotional imbalance, insecurity, and mental problems. You can give your child confidence in himself,

inner peace, poise, and power that will stand him in good stead in the turbulent years ahead.

You can establish healthy, normal habits in your child's subconscious mind that will keep him from ever becoming a juvenile delinquent, a dope addict, or criminal. A child who has this type of subconscious training is so conditioned to normalcy and high standards that it is virtually impossible for him to fall into immoral habits or follow a path of criminality.

This system of training can be used at any age

You can use this system of subconscious training for your child at any age. It is better, of course, if you can start as soon as your child is born, but if you have children of various ages at present, you can begin immediately to use this system to imprint their subconscious minds with the habit patterns you wish them to have in their future.

It is never too late to reach the subconscious mind, for it is possible to imprint it with positive suggestions at any period of life we choose. In fact, adults can and should use this system of subconscious imprinting throughout their own lives to instill constructive new ideas in themselves for future growth, health, and happiness. This system can work veritable miracles for both children and adults.

You can begin immediately to apply this subconscious training technique to your child's life and you will be delighted to see what rich rewards there are to being a parent. It will help remove most of the drudgery and dread that many parents feel when children come onto the scene, and you will begin to enjoy your children more and become a better parent because of the practical knowledge you will acquire from this study.

Throughout this book I refer to your child as "he," well knowing that children may also be females—but for purposes of clarity I designate only the one gender, rather than awkwardly shift from "he" to "she."

Anthony Norvell

Twenty-Five Reasons Why This Book Can Help You Successfully Train Your Child

How to Train Your Child's Subconscious Mind for Health, Wealth, and Happiness is a new concept in child-training. It presents the scientific techniques for reaching your child's subconscious mind from the moment he is born. Also, you can begin immediately to imprint the thoughts, ideals, and concepts that you want your child of any age to adopt for the rest of his life.

Following are the principal things that this book can do for you and your child:

1. You will learn how to use the miracle power of your child's subconscious mind to create a healthy, happy, and prosperous life for your child.
2. You can instill in your child's mind, from the moment he is born, personal habit patterns of love, happiness, enthusiasm, optimism, and courage, which will cause him to rise above the negative problems of life and achieve fulfillment.
3. You will be shown how to protect your child from the negative influences that are infecting our young people today, creating problems of juvenile delinquency, dope

addiction, illegitimacy, crime, and other destructive forces which undermine our society.

4. You will be shown how to imprint on your child's subconscious mind the positive principles of honesty, truthfulness, a sense of responsibility, studiousness, obedience, and co-operation which will help your child become a decent, respectable, human being.
5. You can help your child master fear, worry, and anxiety, facing his problems realistically and avoiding mental and emotional problems which are common causes of nervous breakdowns in children.
6. You will be able to give your child self-confidence, inner and outer poise, and a sense of power which can help him triumph over life's adverse circumstances. You will learn of the eleven subconscious cornerstones you can imprint on your child's subconscious mind which will help him build a strong mind and a noble character.
7. You can set the mental stage for your child's future greatness by imprinting on his mind a desire for knowledge, a love of school, a respect for books, and a desire to finish his education so he can better achieve his life goal.
8. You can give your child the right ego-drive, magnetism, and a dynamic personality through subconscious training, so that he will be able to mix easily with others, win friends, and achieve social acceptance.
9. You will be able to keep your child from developing self-consciousness, inferiority, inadequacy, and other forms of personality maladjustment, through a process known as psycho-dynamics, using the *I Am, I Can,* and *I Will,* suggestions to his subconscious mind.
10. You will be better able to discipline your child, without physical force or punishment, by using the subconscious technique of imprinting twenty-five golden positive principles in his subconscious mind which will help your child achieve mental and physical balance and well-being.
11. You will be shown how to give your child positive auto-suggestions which he can use from the ages of two to ten, which cover every phase of his future life. These auto-

suggestions will help build his life on a solid foundation, and give him high ideals, self-respect, and emotional fulfillment.

12. You will be able to teach your child to use the process known as Psychic-Programming to channel his emotions and conscious thoughts into dynamic patterns of action which can effectively help him control his future destiny.
13. You will learn the fifty-three positive forces that can help shape your child's mind dynamically and cause him to externalize positive and dynamic action patterns for achieving his life goal. You will also learn how to combat the thirty-one negative forces that give a negative charge to his subconscious mind and weaken his will and resolve to achieve success.
14. You will be able to teach your child how to choose the career for which he is best suited, so he will never become a square peg in a round hole. He will be shown the seven basic ingredients for achieving outstanding success in his life.
15. You will be shown the sixteen dynamic steps which your child can take to lead him to fame and fortune, and how to utilize the lives of great men as examples to give him subconscious motivation for his own life.
16. Your child will be taught the true Golden Midas Touch which he can use to convert mental energy into tangible riches. You will be shown the "memory-bank" theory, which can help him unlock the tremendous power of his intuitive mind to open invisible doors to the universal storehouse of abundance and riches.
17. You will be able to show your child how to climb the sixteen steps which the richest men in history have taken, and which leads him up the golden stairway to fulfillment of his every dream.
18. Your child will be given scientific and proved guidance for building a strong, superior mind, a healthy body, and long life, through the subconscious regime for keeping the body healthy, vital and strong. He will be shown how to avoid many illnesses and premature old age through the subconscious and its irresistible power.

19. Do you want your child to become a great musician, a famous actor, an outstanding author? You can implant creative ideas in your child's subconscious mind to help him release his own miracle-working powers to become a true creative genius. This book explains the method which great creative minds of all ages have used to achieve seeming miracles in their own lives.
20. You can help your child avoid habits that are injurious to his mind and health through a subconscious technique which will be fully explained. Your child need never smoke, drink, nor develop negative habits of laziness, procrastination, inferiority, incompetence, and inefficiency.
21. Your child can be safely guided through the age of puberty and shown how to prepare for future happiness in sex, love, and marriage. The subconscious guidance you give him can help him avoid divorce and build emotional security for himself and his future family.
22. Your child will learn how to use his subconscious mind to help his memory, to augment his powers of mental concentration, to help him visualize and project the inner dreams he holds.
23. You will learn about subconscious intensification and how to use it to give your child the Life Urge, the Social Urge, the Success Urge, the Ego Urge, the Love Urge, and the Spiritual Urge so he can live his life with purpose and dynamic intensity.
24. You will be shown how to instill in your child's subconscious mind a basic life philosophy that will sustain him in meeting life's challenges, comfort him in times of sorrow or error, and inspire him to ever greater and more glorious heights of achievement.
25. Most important of all, you will be shown how to help your child achieve a magnificently fulfilled life by implanting genuine spiritual values in his subconscious mind that have stood the test of time.

Contents

1 The Potential of Your Child's Subconscious Mind: How You Can Mold It • 21

You can determine your child's future • Miracle power of the subconscious mind • You can imprint your child's subconscious deliberately • How negative environment affected child's health • Early mental impressions vital • How pre-natal auto-suggestions worked • Learning is a subconscious process • Alcoholic father affected child's health • Love gives feeling of security • Cause of juvenile delinquency • Child's delinquency caused by errors in early training of child • The fourteen positive qualities you should instill in your child's subconscious mind • Ten ways to reach your child's subconscious • Direct, spoken suggestions • Use the law of predominant mental impression • The law of personification • Imagination powerful aid to subconscious training • Is television harmful to child? • Habit patterns aid to subconscious training • Write down powerful subconscious suggestions • Will power as aid to subconscious training • Subconscious mind rebuilt child's leg muscle • Emotional impact on subconscious

2 What You Can Do with Your Child's Early Formative Years • 37

Pre-natal influences a reality • Children are not born with behavior traits • How to imprint your child's subconscious after birth • Proof that a child is affected by external stimuli • Why subconscious training should begin immediately • Love your child every hour on the hour • Child's character affected by mother's training • Your child learns through your examples • How a child played piano at four years of age • Children can learn a foreign language

2 What You Can Do with Your Child's Early Formative Years (cont.)

easily • What goals do you wish for your child? • How to reach a child's subconscious mind for his good health • How to imprint security in your child's subconscious • How to implant love and affection in your child's subconscious mind • How lack of love penalized a child • How to imprint happiness and inner contentment in your child's subconscious • How a fear of water was implanted by this mother

3 How to Imprint Subconscious Habits to Build Your Child's Destiny • 51

Common negative patterns in children • The positive habit patterns you will instill • Regime for imprinting your child's subconscious mind for positive habits

4 How to Set a Great Destiny for Your Child in Pre-School Years • 65

When your child should begin to read • Encourage child's interest in new experiences • The pre-school subconscious regime for training your child

5 How to Endow Your Child with a Brilliant Mind • 77

What mental food shall you give your child? Basic steps for building a brilliant mind through subconscious suggestions • The positive philosophy to imprint in your child's subconscious mind • Eleven subconscious cornerstones for building your child's destiny

6 How to Give Your Child a Magnetic and Dynamic Personality • 87

How a negative imprinting was done • How one child developed dynamic personality • The power of psycho-dynamics to shape your child's personality • Regime for building your child's personality • The I am suggestions • The I can suggestions • The I will suggestions • Dynamic personality is built through dynamic thoughts • The formula for achieving a strong ego-drive through the subconscious

7 How to Shape Your Child's Subconscious Mind with Positive and Constructive Emotions • 101

Parents can inadvertently imprint fear, worry and anxiety • How to handle different kinds of fears • Begin training child in the crib • Emotions can change your child's body chemistry • How physical punishment can be dangerous for your child • Child develops nervousness if constantly reprimanded • The positive emotions you can instill in your child's subconscious • How positive emotions

7 How to Shape Your Child's Subconscious Mind with Positive and Constructive Emotions (cont.)

built a career • How negative emotions created a frustrating destiny • Regime to avoid fear patterns becoming established in your child's subconscious mind • Tell child the truth about his birth • How to handle jealousy

8 How to Build Your Child's Moral Life on a Solid Subconscious Foundation • 115

How an immoral atmosphere infected a child • Various ages for implanting subconscious suggestions • A child's character generally set by seven years of age • Twenty-five positive auto-suggestions for your child • At eight years of age your child's powers should be considerable • Nine years of age is a milestone for your child • Regime for building high standards and moral values in your child's subconscious

9 How to Plant Creative Genius in Your Child's Subconscious Mind • 127

How to stimulate your child's creative imagination • Imprint these thoughts of greatness in your child's subconscious mind • How Edison used his creative imagination • To be great, think great thoughts • How to use psycho-fluorescence to stimulate your child's higher creative mind centers • Ten dynamic rules for stimulating your child's creative imagination • Use these ten keys to achieve subconscious intensification in your mind

10 How to Help Your Child Gain Friends and Social Acceptance • 141

Social traits you should imprint in the child's mind • Imprint consideration for other people in your child's subconscious mind • The regime for imprinting friendly thoughts and actions in your child's subconscious • The twenty golden rules to build your child's personality into a likable, efficient and balanced one • Positive suggestions to help your child build a social consciousness

11 How to Control Your Child's Destiny Through Psychic Programming • 151

Everybody is conditioned by emotional response • Set your child's destiny by psychic programming • Destiny and psychic programming • Two levels of psychic programming • Two tragic examples of destructive psychic programming • How to use psychic pro-

11 How to Control Your Child's Destiny Through Psychic Programming (cont.)

gramming to give your child confidence, poise and power • List of positive words to use for psychic programming • Avoid words that have a negative charge

12 How to Help Your Child Choose His Right Career • 163

What is success? • The seven basic ingredients for success • Set daily goals for your child to achieve • Man conceived flying like a bird • Teach your child that miracles are possible • Plant success thoughts early in life • How play-habits determine careers subconsciously • Sixteen dynamic steps for imprinting success and wealth patterns in your child's subconscious

13 How to Give Your Child The "Golden Midas Touch" for Riches • 179

The true Golden Midas Touch • How to build a constructive concept of wealth • Natural resources, the wealth of the world • These facts destroy the myth of poverty and barrenness • The golden stairway that leads your child to future riches and abundance

14 How to Give Your Child Better Health and Strength Through His Subconscious • 193

Subconscious regime for perfect physical health • Can you keep your child from smoking? • Subtle suggestions better than using force • How to influence your child to avoid dangerous drugs • Suggestions to give your child for better health

15 How to Condition Your Child's Subconscious Regarding Sex, Love, and Marriage • 201

Implant correct ideas about sex • Your love is the greatest example • Importance of showing love and affection before your children • Tell your child the truth about his origin • Use correct terms about his body and its functions • Explain sexual differences to your child • When sexual desires begin to manifest • Gradual subconscious imprinting for sex training • Child's modesty about the body must be acquired • Regime for imprinting your child's subconscious mind about sex and love

How to Train
Your Child's Subconscious Mind
for Health, Wealth, and Happiness

ONE

The Potential of Your Child's Subconscious Mind: How You Can Mold It

From the very first day of the miracle of your baby's birth, God has given you a creative power that is greater than any other force in the universe: you have been entrusted with the care of a new human life, which you have brought into being.

You have the power to mold your child's delicate, sensitive subconscious mind into any pattern you choose. You can deliberately create a loving, gentle, beautiful human being, who will take his place in society and become a happy, useful adult; or you can help mold that youthful mind into a warped, selfish pattern which will create misery for himself and others for the rest of his life.

Truly, you possess awesome powers! If you use your God-given gifts correctly you will be able to mold and shape your child's subconscious mind in patterns of constructive good and help him create a great future destiny.

You can determine your child's future

Those first early months of your baby's existence can become the most important of his entire life. It is at this time that you have him completely under your control. You may impress, or imprint upon the blank "slate" of his subconscious mind the future habits that will remain with your child the rest of his life. You can lay the foundation for future brilliance in his studies and instill qualities of confidence, joy and optimism in his mind that will never desert him in the future.

Even before he understands the words you speak, your child's subconscious mind is imprinted by your emotions, your moods, your mental attitudes. His impressionable mind is busy registering and retaining the sound of your voice, the words you speak, your *emotions* of confidence or fear, joy or misery, patience or irritability, hatred or love. If you use this power correctly you can mold your child's subconscious mind so as to affect his personality, his ability to learn in school, and his adjustment to the outer world and people. You can even affect your child's bodily health and length of life through the subconscious principles and training you plant into his mind in his youthful years.

Miracle power of the subconscious mind

The subconscious mind has rightly been called the miracle worker of the body. To have a better understanding of its amazing powers, let us see what functions it performs *automatically*.

1. The mother's subconscious mind builds the child's body perfectly in nine short months' time. Think of the miracle of your eyes, the complicated mechanism of sight and hearing, of the heart's delicate construction and its automatic workings, of the miles of kidney tubes which cause the body's blood to be purified; of the fact you have joints in your knees and hands and arms, which cause you to walk and sit and bend; of the miracle of your mind which can retain billions of impressions, of memory, of imagination, of logic and reasoning, which are all done with the

automatic perfection of a vast computer system. All these miracles and more are created by the mother's subconscious mind in nine months' time. Your child also possesses these vast hidden powers within his subconscious mind.

2. The subconscious mind repairs one's body and heals it when one is sick or injured. It weaves new skin, it sends the phagocytes to a wound to kill invading bacteria, it creates new blood and body cells when needed and keeps the body healthy and strong.

3. Your subconscious mind controls the body's metabolism, regulating digestion, assimilation, and elimination. It knows how to distribute the chemicals, vitamins, and elements it needs to the various organs of the body; it knows how to build the follicle of hair in the scalp, the finger nails, the skin, and it does all these things perfectly without your conscious interference.

4. The subconscious mind causes the blood to circulate continuously throughout the body, pumped by the miraculous heart, which is one of the strongest muscles in the human body; it knows how to regulate that heart beat and cause it to beat faster under stirring emotions, or when one runs. It also regulates the blood pressure.

5. Your subconscious mind operates the lungs day and night. Even when you sleep this *automatic* function continues without interruption.

6. It controls your imagination, your memory and the faculties of reasoning and judgment. The subconscious mind stores billions of thoughts, sensations and emotions in a memory bank, and you can call upon it to furnish you with any of these facts at a moment's notice. The subconscious mind is like a tremendously vast computer system, giving you endless new thought combinations, ideas and inspiration for creative uses.

7. Your subconscious mind controls your sympathetic nervous system, and the reflex action of the nerves and muscles of your body. You can learn how to condition these reflex actions through subconscious imprinting to give you health and long life.

8. It controls the complicated and amazing system of glands in your body, and causes the right secretions to be released from the adrenals, the pituitary, the thyroid and other glands to meet your body's needs for work, growth, flight, or repose.

You can imprint your child's subconscious deliberately

You can see what tremendous power the subconscious mind possesses. You can learn to deliberately imprint your child's subconscious mind and mold it in any direction you choose. You can help him release more power for his body's health, you can give him ideas that will stimulate him into more dynamic action; you can plant moral and social values which your child will incorporate in his future conduct. In other words, *you can help your child help himself by learning how to utilize this greatest of all powers,* and control its vast *automatic* powers!

Just as positive, constructive suggestions can be planted in your child's subconscious mind, so too, negative and destructive thoughts can be imprinted there as a result of negligence, or ignorance, which will have tragic results in his future.

How negative environment affected child's health

Mrs. G's child was brought up in a home environment where there was constant quarreling and nagging. Her husband gambled and spent all the family's income, and when little Jane was born, she added to the problems and anxieties that plagued the family. The father and mother never stopped arguing over finances, and even when the child was only three or four months of age, she began to develop digestive disturbances. These persisted until the child was three, and no cause could be found for this physical disturbance. It was at this stage that Mrs. G. began to attend my lectures in Carnegie Hall, in which she learned of the tremendous power for good or bad of the subconscious mind. She finally persuaded her husband to attend the lectures and then together they embarked upon a course of positive subconscious imprinting of their three-year-old daughter.

Their daily regime consisted in giving subconscious suggestions to their child by *example,* by *words,* and by *deeds,* of peace and quiet in the home environment; by showering the child with love and attention, and giving her a feeling of security. As the emotional tensions in the home abated, and the mother and father set examples of love and co-operation for their daughter, the child's

digestive symptoms disappeared and she developed into a normal, healthy child, who soon took her place in kindergarten, and was bright, well adjusted, and healthy from that time on.

Early mental impressions vital

The early mental impressions that you imprint in your child's subconscious mind although often inadvertently are vitally important in shaping his body, his personality, and even his future health. If you give your child the wrong emotional environment, or build the wrong subconscious habit patterns, he will develop into an undisciplined, backward and mischievous child. You can condition his mind from the earliest days of his birth to become healthy, happy, well-adjusted and even precocious in his school studies.

How pre-natal auto-suggestions worked

Another instance which I personally observed was that of Mrs. L, who learned of this subconscious imprinting early in her life. During the first months of her pregnancy, she began to train her own subconscious mind; she kept her moods bright and optimistic during her pregnancy. She gave herself auto-suggestions that her subconscious mind would build a strong healthy body for her child, and that he would be born perfect. The child was born a perfect specimen. She began to train her son from the moment he was born, by having an atmosphere in the home of calm and quiet. She started her suggestions to his subconscious mind from the first day they came home from the hospital. During feeding time she talked softly to the child, she loved him, picked him up frequently before he cried for attention, thus establishing the subconscious feeling of security and love in her child; she built positive habits in his routine of feeding, changing, napping and play. This child developed into a poised, intelligent being who could read and write at four years of age, and when he was entered into kindergarten he was already far in advance of his age group and continued his brilliant performance when he entered advanced schooling later.

Learning is a subconscious process

A child learns through this subconscious process of observation and mental absorption from the time he is born. His five sense perceptions are busy absorbing new experiences, even before his eyes can focus accurately. His other senses are also busy registering and storing a multitude of sensations for future use, in his subconscious mind.

Your child's sense of feeling registers and stores sensations from his first breath. His sense of hearing begins immediately to register sounds, and a sudden, loud noise will cause immediate repercussions in his subconscious mind, and will show in the body's instant reaction, causing a fear pattern to be established. When there is quarreling in the home, bickering, confusion and discord, in these early formative years, the child's subconscious mind can sustain deep wounds which may mar his own inner tranquility and react in nervous habits and digestive or other bodily upsets.

Alcoholic father affected child's health

Little Bobby was born into a family where there was an alcoholic father. When the father came home at night, he would shout and quarrel with his wife. The child would awaken from a sound sleep in his crib in the mother's room, and at the sounds of arguing and screaming, he would begin to cry. After a few months of this type of nervous reaction, the child developed a nervous tic that remained with him throughout his childhood and into adult years, a kind of involuntary spasm of the head and neck muscles which caused his head to jerk. This child's subconscious mind had received a blow from which he might never recover. The chain reactions that are set up in a child's mind when fear and insecurity are implanted, can cause personality disturbances and emotional difficulties that are apt to remain with him throughout life. If these symptoms are recognized early and treated with suggestive therapy by a psychologist or psychiatrist, they may be removed from the child's subconscious mind and normal habit patterns established.

Love gives feeling of security

From the very first day of your child's life, his subconscious mind makes most of his important decisions for him. If you give your child plenty of love and attention, you will immediately add to his feelings of security and well-being. The automatic functions of his body are all regulated by his subconscious mind; this includes breathing, digesting his food, and all other bodily functions. You have nothing to do with these *automatic* processes, for they are born in your child, but you do have everything to do with how you shall imprint upon that sensitive subconscious mind the habits that your child shall build for eating, sleeping, studying, learning, playing and working in the future.

Cause of juvenile delinquency

When a child is delinquent it is not always his fault alone. More is involved; it is often due to the failure or negligence of the parents to properly instill in the child's subconscious mind a code of behavior that is socially acceptable and which must be based on sound moral, ethical and spiritual principles.

A child's delinquency begins first in the home, where he emulates the negative habit patterns of his parents and brothers and sisters. If the subconscious mind has been imprinted with chaos, arguments, violence, immorality, fear, hatred, and suspicion, the child will absorb these negative forces in his consciousness and they will result in acts of aggression, hostility, and belligerency against society.

Child's delinquency caused by errors in early training of child

When Roland J. was only two years of age, he began to show signs of hostile tendencies in playing with his three- and five-year-old brother and sister. He wanted their toys, and took them without asking. If they resisted he screamed and beat them with his fists. The parents thought this was a spirited and strong-minded child, and they were secretly amused at their son's frequent fits of rage. But one day, when he hit his sister Nellie on

the head with a toy truck and made a gash on her forehead, the parents became alarmed. However, they had given in to Roland on everything and they could not easily change his subconscious habit patterns. Roland's delinquency had started much earlier than his second year, however. He would cry for attention at night until one of his parents took him up and comforted him. He refused to go to sleep until his parents let him sit with the family group and watch television shows. Often he stayed up as late as ten at night, and fell asleep watching television and had to be carried to bed. By the time Roland was entered into kindergarten at five years of age he was such a tyrant that he could not be controlled by the teachers. He insisted on having his own way. He hit other children, he flew into fits of rage when he was disciplined and his teachers finally told the parents they would have to do something about their child's tantrums.

The parents sought the help of a psychologist and then learned of their tragic mistakes in bringing up their son. They embarked on a long re-training program which could have been avoided if they had started his subconscious training at an early age.

You must realize that your child is the sum total of *your background,* the environment in which he is reared and the educational system which shapes his mind for future action. You can implant respect for authority and the right mental and moral values in your child's mind early in his life, so when he goes to school he is already an integrated and emotionally balanced child.

The fourteen positive qualities you should instill in your child's subconscious mind

1. Your child's personality should be molded with the desirable and constructive virtues of goodness, truth, honesty, thrift, industriousness, co-operation, studiousness, high morality, faith, forgiveness, consideration, charity, tolerance, peace, and love.
2. You should give subconscious suggestions to your child that will make him mentally alert, morally high-principled, and physically sound.
3. Your child should be taught balance between the mental,

emotional, and spiritual sides of his nature. This will give him balance and help him evolve his personality and achieve maturity.

4. Your child should be given the feeling early in his life that he is loved, wanted, and respected as an individual.

5. He should be taught to use his subconscious and conscious minds creatively from the earliest days of play and study, so he will acquire information and skills that will cause him to become a good member of society, contributing his share of good to the world's progress and growth.

6. He should be taught what are the socially acceptable values, which society calls "good forces," and which are socially unacceptable, which the world calls "bad forces."

7. Your child should early in his life be exposed to those positive qualities and virtues which he can emulate and imprint automatically on his subconscious mind by imitation, and which will give him good ethical and moral models to imitate in his speech, his actions, and his future conduct. This includes fairness, justice, honesty, integrity, punctuality, and consideration.

8. He should be trained subconsciously to think of himself as a unit in organized society, into which he fits, and from which he enjoys certain benefits and pleasures, commensurate with his efforts to be of value to others in the community. He should be taught to be valuable to the world and to contribute his bit to the gradual higher development of society in general, for the welfare of all the people, not just a privileged few.

9. You should instill in your child's subconscious mind a sense of his own self-importance, without being egotistical or selfish. Unless a high sense of his value as an individual is established early in his life, your child is apt to shrink from accepting responsibility and will possibly feel inferior, self-conscious, inadequate and will not be able to successfully fill his role in society as a creative, useful human being.

10. Do not lose sight of the things that your child needs to fulfill himself as an individual. He needs a well-trained mind and schooling, it is true, but you should not insist that he forget he is a child, nor should you lose sight of the fact that it is important to your child to feel that he belongs to his age group, and that he share their common, childlike interests in sports, modern dances, television programs, radio, movies, baseball and the hundred and

one seemingly frivolous outcroppings that capture his mind and absorb his interest during those vitally important growing-up years.

11. In giving your child subconscious training, there should be one over-all goal in mind; *you are building a mind and body that will eventually seek freedom and independence from you, as his parents.* He must eventually be strong enough to stand on his own two feet; to fight his own battles, to make his own vital decisions, to choose his own mate, to create his own home and to rear his children. From the moment your child is born, you are training him to be strong enough *to be independent of you* and demand his own freedom at an early age.

12. You should strive to train your child's subconscious mind to think and express creative patterns of thought in his early childish games, studies and social activities. It is much more important for his mental development for him to discover basic rules and principles of life through his own experiences than for him to learn them from you. Playing store, making change, buying and selling, caring for a garden, doing household chores, caring for a family pet, washing dishes, helping prepare the meals, planning parties and social events, making money, spending and banking it, all these practical experiences to which your child should constantly be exposed in the early years, will give your child subconscious motivation, and will teach him to think and live creatively and will give meaning and purposefulness to such abstract studies as arithmetic, civics, history and social studies.

13. Your child should be taught to observe the laws of nature and live according to some organic, evolving plan, in which he is subconsciously taught the value of work, to be balanced by play and creative games; the importance of love and its proper place in relation to sexual development.

14. *Last, but most important of all,* your child needs to know joy and happiness, to play and run and explore; to hunt and fish, to indulge in sports with other children, to be adventuresome, self-reliant, to acquire skill in and on water, with the greatest degree of safety; to learn how to handle himself in an involved system of industrial and technological progress, which will call upon him for more and more skills and ability to adapt to a complex and involved society.

Ten ways to reach your child's subconscious

There are ten ways by which you may reach your child's subconscious mind. When you once understand these methods you will be able to subtly introduce any positive suggestions that you want to imprint on your child's mind.

Direct, spoken suggestions

1. You can give direct spoken suggestions to your child's subconscious mind from the time he is born. *He will not understand the words at first,* but this is how his subconscious gradually acquires a knowledge of words and associates the emotional stimulus he receives from you with the words you use. It is wise when your child is very young, in the first year of life, to say as often as possible words that are charged with emotional feeling. Your child will sense the radiance, warmth, and love that you direct at him, and he will coo, and smile, and react emotionally after the first three or four months. Your spoken suggestions should be given in a soft, relaxed tone of voice while feeding your baby, when changing or bathing him, and in moments when he is lying in his crib just being adored and played with.

2. Your child's subconscious mind is also reached through the repetition of an idea by using the same positive and creative words, when your child is at an age where he is able to understand fully your words. This can be even before he speaks, and your words should be short, simple, and direct. If you are trying to get your child to go to sleep, you can repeat the suggestion over and over, in words of your own choosing, such as, "Sleep—sleep, sleep. You'll rest and sleep all night long. Your body will be strong and healthy. Sleep will help you grow. Go to sleep—sleep—sleep." A mother's natural instinct usually causes her to croon or sing to a child when he is preparing to go to sleep. This tends to lull the child and give him feelings of security and safety.

Use the law of predominant mental impression

3. You can reach your child's subconscious mind through the law of predominant mental impression. The things that your child hears, sees, feels and says most often, become the auto-suggestive

forces that reach his subconscious mind. In the early years, while your child is absolutely under your complete control, you can regulate most of these sense perceptions and see to it that the law of predominant mental impression works in a positive, happy, pleasant way in your child's life. You can recite little poems or read to your child and the words will reach his subconscious mind, if they have an emotional appeal for him. If they are negative thoughts that you are implanting that cause your child to be fearful or have feelings of insecurity or danger, the law of predominant impression will negatively imprint your child's mind and cause serious imprints that might affect his future personality. Try to keep the predominant mental impressions as pleasant and unemotional as possible.

The law of personification

4. Another way by which your child's subconscious mind is reached is through the law of personification; that is, when you act out the thoughts or ideas you are trying to imprint. For instance, when you give an order, be firm and insist on obedience. If you act in an indecisive, wishy-washy manner, and change your mind often, your child will be confused and will get subconscious impressions that you do not mean what you say. This can cause him to feel insecure and affect his relationships with his parents. If you want your child to build a habit pattern of happiness in his subconscious mind, you will have to set the stage by being happy and showing this emotion continually.

Imagination powerful aid to subconscious training

5. Through your child's imagination you can easily reach your child's subconscious mind. The game of "Let's pretend" permits your child to enter into a world of playful imagination in which you can imprint many subconscious suggestions on the pretense that you are playing a game. Teach your child to play constructive games that teach him reading and writing, and appreciation of music and beauty. Wonderful games are now being produced which you may select to help train your child's subconscious mind. It has been found that children of even three and four can

begin to learn to appreciate music and art, and mechanical wonders.

Is television harmful to child?

6. Your child's subconscious mind is indirectly imprinted by the things that he sees and hears on radio and television, and in motion pictures. Many psychologists believe that it is extremely harmful to a child's mind at an early age to be exposed to television programs that feature violence, crime, murder, gunplay, war, and sexual promiscuity. They reason that a child's subconscious mind is in an extremely vulnerable position while observing such programs. He is in a passive, receptive and emotional state, in which he is highly impressionable, and the extreme realism which modern movies and television feature can imprint itself indelibly on the child's subconscious mind.

This argument is a valid one, but if you want to insulate your child against such negative subconscious imprinting, you can protect him in the first four or five years of his life and choose *only* those programs on television and movies that you feel will not prove harmful.

Habit patterns aid to subconscious training

7. Habit patterns that you form in your child's subconscious mind will remain with him throughout life. Therefore begin by creating only the positive, healthy, and happy patterns from the time he is born. A habit is formed by repetition of a thought or act. You should have the same daily routine in the first three or four years of your child's life; a certain time to feed him, to change him, to let him play, for bathing, for napping, and for being put to sleep at night. Soon your child will automatically absorb these habit patterns through his alert subconscious mind and he will expect these physical happenings at certain times.

Goethe said of the power of habits:

> Sow a Thought, and you reap an Act;
> Sow an Act, and you reap a Habit;
> Sow a Habit, and you reap a Character;
> Sow a Character, and you reap a Destiny.

Write down powerful subconscious suggestions

8. A powerful means for reaching your child's subconscious mind is through the process of writing down the statements and suggestions that you want to implant. This, obviously, must await that age when your child is able to write down his own auto-suggestions, but he should be encouraged at an early age to keep a daily diary, in which he writes his thoughts, his hopes and ambitions, and his observations. Most psychologists agree that this creates an orderly mind, gives a child a sense of expressing himself emotionally, and releases many tensions that are apt to arise in a normal child's mind.

It is said that Admiral Byrd, *when he was only twelve years of age, wrote in his diary:* "Someday I shall be the first man to discover the South Pole." He had been so impressed by the accounts he had read of Admiral Peary's discovery of the North Pole, that he wanted to emulate his example in the field of discovery.

When Leonardo da Vinci was still a child of twelve or so, he wrote in his diary this prophetic statement:

"Someday I shall walk with princes and kings and win acclaim in art."

It must be remembered that Leonardo da Vinci had three strikes against him when he made this statement to his subconscious mind, for he was an illegitimate child, and in those days that was an insurmountable obstacle to success. Kings and princes did indeed walk with the great artist throughout his lifetime.

Will power as aid to subconscious training

9. Your child's subconscious mind can also be reached by training him to use a positive, forceful and constructive power which all human beings possess; the power of his will. A child who is told repeatedly that he cannot do something, that he will fail in his studies, that he is inferior, that he was born poor and must remain poor, that he can never rise above the limitations of his birth, will become so weakened in his will power that he will develop into a fearful, weak, inferior person.

You should early train your child to repeat positive words that

will help strengthen his will, such statements as: "I can do that," "I will get better grades in school," "I can become a success," "I am getting better and better," "I know I can swim (or ride, or drive or any other form of activity)," "I will be good," "I will be happy," "I will be healthy and strong."

Subconscious mind rebuilt child's leg muscles

The power of the human will is well known to scientists. A few years back, a boy of twelve was so badly injured in a fire that the muscles of both legs were practically destroyed. The doctors said that even if the boy lived, he would never walk or be able to play like normal boys. The child overheard the doctor's statement, and he began to repeat silently to himself, *"I will walk. I will run. I will be able to play like other boys."*

In a few weeks time the doctors were amazed to find that the boy's muscles were being completely rebuilt by his subconscious mind. Soon the child was up and running around as he had done before the accident. Ten years later, that child, whose name was Glenn Cunningham, won the fastest mile ever run by any person at Madison Square Garden up to that time! Proof that the subconscious mind, when implemented by Will Power, can work miracles!

Emotional impact on subconscious

10. The emotions that your child feels and expresses most often are the ones that will most deeply imprint his subconscious mind. You can imprint emotions that are positive and inspiring and uplifting. The emotions of good, faith, love, charity, happiness, enthusiasm, expectation, and desire to improve his life, can early be implanted so your child's entire future will be shaped by these positive subconscious forces for good.

SUMMARY OF CHAPTER ONE

1. *The miracle power within your child's subconscious.*
2. *The nine automatic functions of the subconscious.*
3. *How a negative environment can affect a child's health.*
4. *The daily regime or routine to give your child for better health.*

5. *How one mother used subconscious imprinting to create a highly intelligent child.*
6. *Learning as a subconscious process.*
7. *How an alcoholic father affected a child's health, and how the child was healed.*
8. *Eating habits that shape your child's subconscious mind.*
9. *Causes of delinquency in children.*
10. *The fourteen positive qualities to instill in your child's mind.*
11. *Ten methods for reaching your child's subconscious mind.*

TWO

What You Can Do With Your Child's Early Formative Years

At what age should you begin training your child's subconscious mind? Scientifically speaking, you can begin to imprint it with your own thoughts and ideals before he is born. Amazing new proof has now been presented which bears out the old legend that a child is affected by pre-natal influences and even recognizes the sound of his mother's voice at birth.

Pre-natal influences a reality

In experiments at Northern Illinois University, scientists experimented with unhatched chicken eggs. They directed high frequency sounds at the eggs while the chicks were being formed. When these chicks emerged from their shells they were subjected to the same high frequency sound and they instantly went in that direction, whereas the other group of chicks that had not been exposed to the sound completely ignored it.

When a mechanical mother hen emitting the high frequency

sound was set into motion, the conditioned baby chicks followed her, whereas the other chicks ignored her completely.

Scientists now believe it is possible that the human organism is also affected while still in the mother's womb by her voice, her thoughts, external sounds, and other stimuli. The unborn child is fed by the mother's blood stream; her body chemistry affects the child; her subconscious mind is constantly shaping the body of her child perfectly in nine months' time. As her thoughts affect her own body chemistry, it seems likely that a mother can radically affect her child while it is still in her womb.

Children are not born with behavior traits

Children are not born with behavior traits; they are usually imprinted on the child's subconscious mind after birth by the parents and by the *environment* in which he is born.

Heredity accounts for many physical characteristics of your child, such as build of his body, height, color of eyes and hair, facial contours, and size. But training and environment are the chief causes for shaping your child's character, for building his personal habit patterns, for instilling mental, moral, ethical and spiritual values, learning aptitudes, and even various emotional states.

You, as a parent, have everything to do with shaping the conscious and subconscious minds of your child for the future. You can help him choose the right destiny by this early training, and cause him to be successful, happy, and well adjusted.

How to imprint your child's subconscious after birth

From the first days after the birth of your child, you can begin this process of imprinting his subconscious mind. You can incorporate the suggestions that you want to implant there as his lifetime habits. You may think it is too early, and that your child shows no response to the outer world until he reaches the fourth week of life, but he is reacting all the time subconsciously, even though you see no evidence of it. Your child will register immediately your emotions, your words, your mental attitudes, and the atmosphere that you create in your home. Loud noises, quarreling,

bickering and confusion and people rushing in and out of your child's room, should be carefully avoided. Science has now generally agreed that your child begins to register environmental conditions as early as the third or fourth day of life.

Proof that a child is affected by external stimuli

At a famous eastern college's Child Study Center, a child of only a few days of age was exposed to a series of blinking lights in a definite pattern, and it was found that even though the child could not sit up, he somehow memorized the pattern of blinking lights and recognized them when they were repeated in sequence.

In another experiment at Brown University, Dr. Lewis P. Lipsitt gave evidence that when a child is only fifty hours old, his bodily reactions can be affected by external stimuli. A piece of cotton containing a strong chemical was held under the child's nose for a few seconds. The child's heartbeat rate increased, his breathing and the movements of his body, and skin responses showed instant reactions. Children of only one day old could detect differences in sounds and smells and showed reaction patterns that go to prove they responded to these stimuli.

These scientific proofs would seem to indicate that a child's subconscious mind can become conditioned from the first days of birth and that they can incorporate in their habit patterns negative or positive suggestions from their parents, and from the environment in which they live.

Why subconscious training should begin immediately

At one time it was thought by psychologists that children evolved according to a certain fixed rate that was controlled by their ages. Now it has been proved that children can progress their own level of awareness more rapidly than their age group level if they are given proper attention and suggestions. The training of your child's subconscious mind should begin from the very first day of birth, or whenever you have complete control of him.

Your child is a fully functioning, intelligent human being from

the very first day of life. His subconscious mind begins to record sounds, sights, and impressions immediately after birth. He has emotional needs, hungers and appetites; an innate desire to learn, to evolve and grow, and to creatively channel his energies in moments of play and study. *The channel by which these sense perceptions are registered by the young child is his subconscious mind.*

Proofs of environment-influenced growth and retardation

In an orphanage in Teheran children were studied who were the victims of neglect and ignorance and shabby environmental influences. These children were unable to even sit up unaided at the age of two, whereas a normally developed child, who is given love and attention, will be eager to sit up at sixteen weeks of age, if he is lifted into a sitting position. His eyes will glisten, his breath quicken, his shoulders tense, and he will break out into a ready smile and show definite response patterns at that age.

At twenty-eight weeks of age the normally developing child prefers to sit up and he can maintain the sitting posture for longer periods of time. He shows an interest in what is going on around him, he wants to touch objects, to be held standing, and to bounce up and down. He shows interest in grasping objects before him, and tries to pick them up and finger them. He makes efforts to bring things to his mouth, even his own feet.

Love your child every hour on the hour

A famous pediatrician in New York City, who was eminently successful with training children, wrote on the bed chart of each of his patients, "This child is to be taken up ever hour on the hour and *loved." It didn't matter who loved the child,* nurse, mother, or stranger, the child flourished and grew healthy under the subconscious implanting of the emotion of love, but wilted and remained sick when love was withdrawn from him. This is the most valuable prescription that God has placed in the human consciousness to cause children to grow and evolve into happy, balanced, perfect human beings.

Child's character affected by mother's training

An instance of a child brought up in an environment that affected her subconscious mind was that of Lillian B, whose mother was impulsive and short-tempered. Her mother argued with her husband in the first two years of Lillian's life. She reprimanded the child in a sharp voice when Lillian did something wrong. She slapped her to make her obey. The child screamed and resisted, and the mother would lock her up in a dark room to discipline her.

Finally, when Lillian entered kindergarten at five years of age, she was an impulsive, bad-tempered and disobedient child. She slapped at her teachers, and fought with other children. The example set by her mother had imprinted itself on Lillian's subconscious mind. It was, to her, the only logical type of behavior, for her mother was the authority by which she molded her own actions. Unless this child receives psychological help to correct these early subconscious influences, she will mature into a spoiled, negative individual who will only attract misery in her future life.

Your child learns through your examples

Your child's subconscious mind is definitely affected by the examples you set in his early formative years between the first week of life and the age of four. At this stage of life, he constantly needs his parent's attention, he needs the expression of their love and affection, he requires stimulus to study and learn; he needs rewards, praise and encouragement. In these formative early and impressionable years, your child needs games that set standards for learning the alphabet and the art of reading. By the fourth year of life you can begin to give your child subconscious training that will permit him to read simple stories, to copy the alphabet and even do simple problems in arithmetic. Many parents who use this method of early subconscious imprinting have even begun giving their children music lessons at four years of age with a great degree of success. Children can learn languages at

this age that would baffle an adult mind, and scientists have even taught some children at this age to do problems in algebra!

How a child played piano at four years of age

One instance I personally know of involved a child who learned to play the piano at four years of age. His mother had always wanted to be a musician, and he had heard her play the piano from the day he was born. At three years of age she was able to teach him the notes on the keyboard, and by the time he was four, he was actually able to play simple tunes.

This mother had learned in my lectures and classes of the importance of subconscious training from the time a child is born. She deliberately encouraged her son in his musical interests, and when he matured he became a song writer, and is now well on his way to achieving fame and fortune through his creative gift.

Children can learn a foreign language easily

Another case I know of is that of a mother who had a two-year-old daugher. The mother was able to afford a nursemaid from the time the child was a year old. The nurse spoke French and English. At two years of age the child began to imitate the nurse and spoke both English and French. By the time she was three and a half, she was able to speak both languages quite well. It is no effort for a child to acquire a second language that early in life, for the subconscious mind tends to imitate the sounds the child hears and they become incorporated in the brain cells as naturally as learning their own native tongue.

What goals do you wish for your child?

It is vitally important in these pre-school years that you keep constantly in mind the goals that you wish for your child. You can imprint your hopes, dreams and desires in your child's subconscious mind if you first know what these goals are.

In the early years of his life, your child requires the following ingredients for his full emotional, physical and mental growth:

1. Good health and physical well-being
2. Emotional security
3. Love and affection
4. Happiness and inner contentment

To maintain a healthy, strong body, your child needs a balanced diet, exercise, fresh air, sunshine and protection from harmful forces in his environment.

How to reach a child's subconscious mind for his good health

1. Present a variety of foods to your child but do not force him to eat things you think are good for him, such as spinach or cereals and vegetables. Scientists have now found that your child will instinctively choose the foods that his body requires if they are presented to him. In an experiment with young children they were given several foods at mealtime, and allowed to instinctively choose the foods they wanted; in every instance they selected the foods that gave them a scientifically balanced diet! Give your child a wide choice of foods containing essential vitamins, minerals and elements, and then do not force him to eat any one food but let him choose those foods he desires. Obviously, until he reaches the age of selection, you will see to it that he receives the milk and formula that he requires as an infant.

2. When your child is at the age of understanding the words you tell him, which is usually about two years of age, explain to him the foods that are good for his growth and health, and let him choose the foods he likes best.

3. Train your child to eat with the family, for this imprints on his subconscious mind the sense of belonging and gives him a feeling of emotional solidarity and acceptance. If he's stubborn about eating at table, do not force him, but go right on with the meal, and soon he will see the advantages of joining the family group.

4. Avoid loud arguments and discussions about problems at the table, for many children are given a feeling of instability emotionally when they are exposed to quarrels, noise and confusion at mealtime.

5. See to it that your child has a safe environment in which to

play during the early exploring stages where he is in everything. Put away dangerous medicines, insecticides, sharp knives, scissors, and hammers; cover electric outlets with adhesive tape; remove breakable lamps and objects that might fall on him from the playroom. Only when your child is old enough to be told of certain dangers should he be exposed to these natural hazards. Do not frighten him by threatening him with accidents or dire punishment if he runs into the streets, but rather protect him with a fence or watch him constantly, until he has reached the age of knowing what danger is.

6. Make no fetish of eating, but proceed in a normal, calm manner at mealtimes, letting your child begin to try to feed himself as soon as he shows an interest in doing so. He will make a mess of it at first, spilling things on his bib and highchair, but do not show concern or scold him, but proceed calmly to let him help you feed him. He is striving for independence in his actions from the age of two or three and wants to feed himself, dress himself and perform many of the acts which you now do for him. He can only learn by doing.

7. Make it a point never to talk about sickness, accidents, crimes of violence and murder or war, or discuss the family's financial problems at mealtime. Your child's subconscious mind is extremely impressionable at this stage and he may absorb negative thoughts that will seriously affect his future health at the table. His digestion can be affected, and he can develop constipation or other bodily disturbances.

How to implant security in your child's subconscious

Emotional security is essential for your child, if he is to develop into a well-integrated, happy, well-adjusted person.

The following regime can be used to give him feelings of security;

1. Create an atmosphere in your family of protection, but do not carry it to the point of over-protection or pampering. Your child should be made to feel that the home is a place where his needs are taken care of, where he is comfortable, secure and safe.

2. Let your child feel a part of the intimate family circle and do not exclude him from your normal family activities, such as

watching television, social gatherings, parties and other activities which he might enjoy.

3. Avoid scaring your child by telling him that if he is bad the "bogey man" will get him, or threatening him with the police, or making references to frightening things such as witches, devils, hell, or punishment for his misbehavior. A child has a very active imagination and when you create these scary subconscious impressions to assert your authority, they can have a frightening and dangerous negative effect on your child's mental and physical health.

4. Reward your child when he is good by giving him some toy he wants, or letting him stay up an extra half hour to see some television show, or by taking him to a movie, a picnic or a party occasionally.

How to implant love and affection in your child's subconscious mind

Children tend to imprint on their subconscious minds very early in life the pattern of love and affection that is set by their parents. Children who come from homes where there is love and unity tend to duplicate this pattern in their own future love lives and marriages. On the other hand, children whose subconscious minds are imprinted by friction, quarreling, discord and divorce generally tend to duplicate this same pattern in their own love lives and future marriages. It is important that you set the right stage mentally for your child to imitate for his own future happiness in love and marriage.

Express love and affection to your child every day, especially when between the ages of birth and the fifth year of life. This is the stage where his subconscious mind is most busy imprinting whatever emotions his parents express. Pick your baby up often in the first months of life, and lavish love and affection on him. Do not wait until he cries for attention. If you begin to pick him up to cuddle him *only* when he cries, you will have sown the subconscious seeds for much trouble, and will have a child who becomes demanding, irritable and undisciplined, and who will use tears and tantrums to get his own way.

How lack of love penalized a child

A woman who had been brought up by strict, Spartan-like parents had never been given love and attention by them when she was a child. When her own baby son was born, *she duplicated the pattern of child-rearing set by her parents.* She was taught to believe that children were spoiled by giving them too much attention. She never picked up her baby when he cried. She seldom showed him love and affection, thinking that it would make the boy weak, and dependent on her.

When the boy was five years of age he developed symptoms of spastic colitis and digestive disturbances. He was weak, withdrawn, and shy. He had to be forced to eat his meals, and he resisted all attempts to make him eat a balanced diet.

I met this young man when he was twenty-two years of age. He told me of the lack of affection in his early life, and how it had blighted his life. He left his mother when he was eighteen. His father was dead, and he never went back to see his mother again. When he told me of his early experiences I knew why his whole life had been a failure. I tried to correct the damage done to his subconscious mind by his unthinking mother, but it is a most difficult process to correct established negative habit patterns and it requires time and effort to correct them. This young man may never achieve the fulfillment in his future that he might have had *if his mother had known how to give him the love and affection his young mind required.*

If there are more than one or two children in your family, make a special effort with the arrival of each new child *not* to shut the other children out of your love and affection. This can cause serious subconscious resentment and even make your children grow up feeling you have deprived them of something precious in childhood. Find time always to give the older children love when the new baby arrives, and it will give them feelings of emotional security and well-being.

Your child should be encouraged and *praised* when he does some task especially well. Praise helps release blood sugar in your child's bloodstream, giving additional energy to carry out difficult tasks. When he does his homework, when he helps with the

household chores, mows the lawn, brings in wood or cleans up the basement, be justifiably lavish with your praise. This shows your child that he is appreciated and loved.

When your child is just beginning to walk or talk, it is vitally important that you encourage his efforts and show love and attention. He should not be scolded or discouraged when he falls or hurts himself, but should be given sympathy, love and kindness.

How to imprint happiness and inner contentment in your child's subconscious

If you constantly discipline your child or say "No!" or "Don't!" or "Bad Boy!" to everything he does, your child cannot develop subconscious habits of happiness and inner contentment. Follow this regime for imprinting happiness in your child's subconscious early in his life.

1. Limit your discipline and denials to times when your child actually does something harmful or destructive. Then you can scold him firmly, pointing out the damage he has done, and urging him not to do it again. Do not belabor the point nor punish him physically in the first three or four years of his life. He simply will not understand the reasons for such punishment, and it can create subconscious rebellion within him, or later lead to belligerence and aggression in school with his schoolmates and teachers.

2. The easiest way to imprint patterns of happiness and contentment in your child's subconscious mind is to show an example of these qualities in your home environment and in your own personality. The mother is usually alone with the child for many hours a day; if she is fretful, overworked, and weary, she is bound to grow irritable with her child and show her impatience and misery. It is better to avoid such fatigue, and rest more frequently, so that you can have moments to play with your child and instill in his mind qualities of joy and contentment.

3. Stir your child's subconscious mind to patterns of happiness by expressing words that express this emotion in talking to him. You should speak frequently to your child, even when he may not seem to understand your words; he will understand your emotions, and if they are cheerful, positive, optimistic, loving, and kind, your child's subconscious will automatically register this pattern

of thought and conduct in his psyche. You do not need to use baby talk when speaking to your child, but use a normal, cheerful tone of voice and make as many positive suggestions as you can, something like this: "That's wonderful!" "You're a good boy." "Mommy loves you when you're so good." "That's fine, eat all your food, for it will make you big and strong." "You're walking beautifully now and you'll soon be able to run and play all by yourself." "You already know the alphabet and how to count to ten; that's very good." When you adopt this positive regime to reach your child's subconscious mind, his every action will be motivated by an inner desire to do things that please you.

4. Implant in your child's subconscious mind the elements of confidence, self-reliance and inner poise that will make him a well adjusted, happy adult. If you imprint fear and lack of confidence in his young mind, it can have serious repercussions in his future life and keep him from ever being happy.

How a fear of water was implanted by this mother

A boy whose family lived near a lake wanted to run and play at the water's edge, but his mother was a highly nervous, fearful person who feared he might drown. She never let him out of her sight when they were at the beach. She kept telling the boy, who was then three years of age, that he might drown if he went swimming, and she warned him constantly of the consequences of swimming. The child was frightened by this barrage of negative imprinting and developed into a shy, fearful person who was terrified of water. When he grew up he told everyone what a miserable childhood he had known, and his subconscious fear of water persisted into his adult years.

An opposite example of which I know was that of a boy whose mother also warned her son of the dangers of water, but she started her son swimming when he was only three years of age. She taught him to love the water, but to know how to take care of himself when fishing, boating or swimming. This young man developed into a self-confident, poised and happy individual, and the water became one of his most enjoyable sports in his adult life.

You can condition your child in any way you choose. The early,

formative years are the most impressionable and you can use them to set the stage for your child's future health, happiness and prosperity.

Summary of Chapter Two

1. *How you can influence your child before he is born.*
2. *How to achieve pre-natal influences on your child.*
3. *How to set your child's life-time habit patterns.*
4. *External forces influence a young child.*
5. *Begin your child's subconscious training right after birth.*
6. *Your child's growth affected by his environment.*
7. *A famous pediatrician's formula for a healthy, happy baby.*
8. *Personality traits you can imprint on his subconscious.*
9. *How wrong training produces disobedient child.*
10. *Environment of child affects his ability to learn.*
11. *How to set the right examples for your child to follow.*
12. *Why a child easily learned to play piano well at four years of age.*
13. *Languages are easy for a child to learn in channelling the subconscious.*
14. *The definite goals you should set for your growing child.*
15. *Four essentials for a happy life.*
16. *How to give your child security he needs.*
17. *A lack of love can permanently disrupt your child's health and personality.*
18. *Happiness and inner contentment can be imprinted in your child's subconscious mind.*

THREE

How to Imprint Subconscious Habits to Build Your Child's Destiny

You can help your child build a great destiny by helping him establish *positive subconscious habit patterns* from the time he is born. These habit patterns will be reflected in his conduct, his personality, his manners and morals, and in the actions that will gradually produce a great destiny.

Wellington said, "Habits, nature? They are ten times nature!" In other words, habit patterns that are established early in life are even stronger than the force called "nature."

You have the power to set your child's subconscious habit patterns into strong, healthy, happy ones or to condition his mind with fear, anxiety, worry and negative emotions. The time between birth and four years of age is the most impressionable for establishing habit patterns in your child. He will adopt any habit patterns that you implant in his subconscious mind. In fact, some psychologists believe that these habit patterns are set while the child is still in the crib and in the mother's arms.

Before embarking on a subconscious training schedule for your child, let us examine some of the most common negative habit patterns which are established by most parents. These you can avoid, and in their stead implant the positive habit patterns which will give your child good health, mentally and physically.

Common negative habit patterns in children

1. Undisciplined behavior in which the child refuses to do what his parents tell him.
2. Refusal to eat food put before him.
3. Temper tantrums to get his own way.
4. Frustrations that lead to stubborness and resistance.
5. Refusal to go to bed on time.
6. Destructive tendencies regarding toys and other possessions.
7. Toilet habits that are undependable.
8. Lying, cheating, stealing, or other immoral actions.

If you have a child who has already established negative habit patterns in his subconscious mind, you can easily break him of these negative habits and instill new, positive habits.

As soon as your child is able to walk around and understand what you say, these habits should already be deeply imbedded in his subconscious mind. This means that, by the age of two and a half, your child should possess a set of habit patterns that give pleasure to the parents and other members of the family, and eventually will ensure his taking his place in the community as an integrated, well-adjusted human being.

The positive habit patterns you will instill

Now that you know the negative habit patterns which most children build in their subconscious minds, you will avoid imprinting these negative habits in your child's mind. Following is a list of the habit patterns which you can imprint on your child's subconscious mind from the earliest days of his infancy.

1. Healthy eating habits.
2. Table manners and proper deportment.
3. Bodily cleanliness and proper toilet habits.
4. Dressing himself and washing himself.

5. Keeping his things in order.
6. Habits of punctuality and respect for time.
7. Respect for others.
8. Control of anger and temper tantrums.
9. Habits of honesty, truthfulness and morality.
10. Obedience of the parents and the rules of society.
11. Avoidance of danger and dangerous situations.
12. Control of his aggressive tendencies.
13. Respecting the privacy of other members of the family.
14. The proper care of money and habits of saving and thrift.
15. Control and direction of the early sexual drives and impulses.

Regime for imprinting your child's subconscious mind for positive habits

Now that you know the goals you are trying to achieve for your child, you will begin to work at once to imprint the positive habit patterns on your child's subconscious mind. We shall start, as below, with the first principle on our list, and cover all fifteen methods for control and conditioning your child's subconscious mind. By the time you have worked on this system for the first three or four months of training your child, you will see amazing results in the departments of your child's health, mental development and physical and emotional well-being.

1. How to Imprint Healthy Eating Habits

Your child will build subconscious habits regarding food and eating by the time he is old enough to sit at the table, for the earliest subconscious instinct which your child expresses is the hunger urge. He instinctively reaches for the mother's breast when he is hungry. Breast-fed babies seem to thrive better than bottle-fed babies. But whichever method you choose for early feeding habits, remember to give love and attention to your child while he is feeding, speaking to him in a soft, loving voice and not waiting until he screams from hunger before giving him food. The new-born baby's bassinet should be placed beside the mother's bed in the early weeks of his life, if possible, and the mother should indulge her instinct to pick the child up and feed him as much as she likes. The child cannot be forced to feed if he

is not hungry, but it gives him feelings of subconscious security and implants the emotion of love within the child's mind.

Example of Wrong Feeding Habits

Little Joe B developed an aggressive and defiant personality at five when he was entered into kindergarten. He fought with other children, took their toys away from them, fought with his teachers and wanted to do things his way. He became a little tyrant and flew into tantrums and fits of rage when he was opposed. Psychologists checked on his mother's feeding habits when the child was an infant. They found that little Joe was bottle-fed, and allowed to scream when he was hungry. His mother often did not feed him for hours at a time, and when he was fed she sometimes rushed him, took his bottle away from him before he was satisfied and ignored his protests and cries of anger.

Wrong Eating Habits Affected Personality

This unfortunate child's entire personality was formed by his subconscious fight to get sufficient food as a child. This struggle became caught up in his subconscious mind and affected his entire personality. Had this child been given the proper eating habits and the correct imprinting on his subconscious mind of love and attention and sympathy, he would have matured into a peaceful, co-operative and obedient child, who would have given pleasure to his parents and the world.

Do not make a great to-do over the food your child does or does not eat, especially when he rejects certain foods. His instinct will cause him to select foods that give him a well-balanced diet, if he is exposed to the right foods.

A two-year-old child refused to eat any food but bananas for several days! The parents let him eat all the bananas he wanted. After a while the child grew sick and tired of bananas, and desired other foods.

Scientists have now found that children instinctively select foods that create the proper dietetic balance for their growing bodies. Don't be alarmed if your child refuses to drink his milk for a while; he will gradually come back to his glass of milk if it is put on the table before him. To force him to eat foods he does not like can create complexes regarding food and even affect his future health adversely.

2. Table Manners and Proper Deportment

In general, habits of discipline should be imprinted on your child's subconscious mind from the day he is born. If you pick your child up every time he cries, you will have difficulties with him throughout his childhood. If, however, you are firm and yet sympathetic and loving, you can start this disciplining process early and extend it to the time when your child is able to sit up at the table. At two or three years of age he is fully able to understand instructions and suggestions, but before that time, you may have to be very tolerant and understanding, for he will naturally make many mistakes and cannot avoid it because he is still helpless and dependent on you.

Setting good examples at table is vitally important for training your child to behave while eating. If there are several children, the youngest will naturally emulate the others, and it is here that you must exert care and control in order that they set the right examples for the youngest child in the family.

3. Bodily Cleanliness and Toilet Habits

When you try to establish subconscious habits of cleanliness in your child when he is only a year or so old, make simple direct statements, rather than give long, complicated explanations. "Let's clean up now" is easily understood. Or you might say wrongly, "Mommy's going to wash your face and hands so you'll be nice and clean and everyone will love you." This sentence is long and drawn-out and is wasted on a child that young. Avoid asking such a young child to make a decision by asking such a long question as: "Don't you think you'll feel better now, being nice and clean instead of so dirty and messy?" Your child's subconscious mind becomes confused by such long sentences and no effective impact is made whatsoever on his mind.

Regarding early toilet training, remember that your *child's subconscious mind controls the automatic functions of his body* and he does not need to be told when to go to the bathroom. He will go whenever the urge overtakes him. This is an automatic reflex action that occurs when his body needs relief. However, you can assist his subconscious mind to give him habits of regularity and to hasten the period of time when he no longer needs to be changed. This is why so many parents hasten this important

training period and begin as early as the eighteenth month, and generally sometime before the second year of the child's life.

It is a mistake to set your child on an adult-sized toilet stool at too early an age, for the flushing of the toilet may alarm him, and he may be subconsciously afraid of falling into the bowl. He may easily resist such early toilet training and his subconscious mind may be imprinted with fear that can affect his bodily habits.

Example of Wrong Toilet Training

Little Jane was toilet-trained at eighteen months by being forced to sit on the adult-sized bowl until she was able to have a movement. She began to dread the experience so much that she deliberately retained the stool until it created constipation, and then, when the problem was further aggravated by her mother giving her an enema, a subconscious pattern of resistance was set up which later led to digestive disturbances and severe colitis. The child matured, but kept her fixed habits subconsciously regarding the undesirability of going to the bathroom, and this negative result caused many so-called unexplained health difficulties in her adult life.

A low "potty chair" can be provided for your child and when he is nearing two years of age, the nerves that control the body's waste functions will automatically and naturally mature, and he will begin to crawl up onto the stool and relieve himself. The first few sessions can be made easier by placing him on the chair just after his morning feeding. This can be started at any time after the morning breakfast and if you can coincide the periods of time when you place him on his training chair with these natural movements, he will begin to have the fixed subconscious habit of having a movement when he is on his stool.

How to Handle Accidents in Toilet Training

If you show anger when he has an accident and dirties his diapers, your child may withdraw and hide his feelings, not wanting to oppose you, and later, these subconscious tendencies to aggression, frustration and tension will reveal themselves in hostility towards the parents or towards other children in school or play.

It is better to let your child develop his own toilet habits, and play the part of the cooperative parent, without using force, anger or impatience. Let your child's natural tendencies to build his own toilet habits in his own due time express themselves, and your child will never have a dread of the bathroom nor will he build resentment and hostility against you or the world.

4. Dressing Himself and Washing Himself

When your child is two years of age or so, he may show tendencies to help you when you dress him. He can be trained subconsciously to become capable and efficient if you encourage his first, early efforts to do things for himself.

Remember, your child is trying to win independence from the age of three or four. You can help him in this innate desire by letting him help you as often as possible. This tendency to do things for himself will extend to his feeding habits, his bathing, and washing, as well as other bathroom habits. You can indoctrinate him early in his life with the necessity for being self-sufficient and self-reliant, without actually abandoning him when he is still too young to do these things for himself. When he succeeds in putting on his slip-over shirt or lacing his shoes the first time, make a lot over this successful effort and praise him and encourage him.

5. Keeping His Things in order

Restrictions must be imposed on your child from the very first, not only for his own safety and comfort, but for the benefit of the entire family. In the early stages, from birth to a year and a half, your child's subconscious mind will easily accept restrictions and he can be confined to certain areas, where he can early learn habits of order and safety.

As a child watches you taking his toys and playthings from certain areas of his room, he soon grows accustomed mentally to associating these areas with the things you give him. While he is in the crawling stage, obviously he can do little about keeping his things in order. However, when he is able to walk about, you can easily make a game of putting his things away in places where they belong. Soon he acquires the mental habit of putting his things in certain places. If he does leave his toys scattered about

where people are in danger of falling over them, you can remove the objects and tell him in a firm, pleasant tone that he must put things back when he is finished with them, with the simple explanation that a person might slip and be hurt by them.

6. Habits of Punctuality and Respect for Time

This is a good subconscious habit to imprint in your child's mind. Throughout his life it will be important that he keep appointments promptly and not keep others waiting. You should set definite times for rising in the morning, for washing, brushing the teeth, and breakfast. Then there should be a schedule for playing, studying, daily naps, walks and other activities. It is easy to implant such positive habits in your child's subconscious from the beginning, and he will think it natural to do the things that you set as examples.

7. Respect for Others

A child should be taught respect for himself as well as respect for others. It is natural for a child in the first two or three years of his life to be selfish and think only of himself. Do not be alarmed over this, but attempt to train his subconscious mind as early as the eighteenth month to begin to share his toys with other children and to be considerate of others.

If you set an example by showing respect for his privacy and attempting to meet his early needs, you will imprint on his impressionable subconscious mind the need for considering others.

As your child matures let him have his own room; insist that he respect the rights and property of other members of the family. If he takes the other children's toothbrushes, or toys, or clothes, discipline him, and be firm in letting him know that selfishness will not be tolerated in the world.

8. Control of Anger and Temper Tantrums

All children may occasionally have temper tantrums and fits of anger, but habitual expressions of rage or hateful action could indicate that your child has had the wrong subconscious training, and you must break the negative habits which can cause him to develop into a belligerent, anti-social adult who will court disaster in the outer world.

When your child refuses to obey you, do not rant and rave, but adopt a firm tone of voice and forcibly stop him from doing the forbidden action. If he refuses to stop playing with his toys when it is time to eat, do not stop him violently, but either remove the toys so he cannot play with them, or let him play with them as long as he wants to, and then when it is time for him to become hungry and the meal is ended, refuse to give him his meal. This will show his subconscious mind that when you give an order it must be obeyed or serious consequences will arise.

Child's Instinct Warns Him When He Is Bad

Your child instinctively knows when he is being naughty and his feelings of inner guilt will certainly increase if you make no efforts to stop him. The more you let your child get away with in early years, the more ungovernable he will become, until he builds a subconscious resistance to authority and discipline.

Physical punishment is generally accepted by most psychologists as being unnecessary. If you establish healthy emotional habits in your child's subconscious from earliest infancy, the need for physical punishment will vanish. Many parents quote the old adage under which they were brought up, "Spare the rod and spoil the child," but this proves nothing. Many children who were never physically punished, who were given love, protection and taught to be obedient by this method of subconscious imprinting, have grown up to be good, well-behaved adults. On the other hand, many children who have been regularly punished physically have turned into bitter, resentful anti-social adults who often turned into delinquents and even became criminal. No proof exists that a child will respect his parents more or obey authority when grown up because he was beaten when young. Physical punishment does not build character; it rather builds feelings of hostility and subconscious resentment of the parents.

9. Building Habits of Honesty, Truthfulness and Morality in Your Child's Subconscious

As a rule your child will not begin to fix habits in his subconscious mind regarding such important characteristics and qualities as honesty, truthfulness and morality until he has reached the age of three or four. There is little or no sense of morality in a young child. But, once he is three or four, a little

boy begins to shape his mental patterns, his physical conduct, his mannerisms and personality more and more after the image of his father.

Children Emulate Parents Conduct

At this age a little girl begins to do the same thing; fashioning her conduct after the mother image. The little boy will admire his father greatly and he wants to imitate the things his father does and be like him as much as possible. He begins to show curiosity about trains, cars, trucks, and plays games where he is a policeman or fireman. He enjoys using toys where he can construct things and he is apt to try and imitate his father's voice and manners, even using the words he habitually hears his father use.

Girls Tend to Imitate the Mother

In the same way little girls tend to imitate the morals and character of their mothers. This is nature's way of imprinting the children with their future roles in life. By the time a girl is three, the mother should imprint on her subconscious mind the desirability of being a girl, and teach her that her place in society will be the same as you play. If you set examples of honesty, truthfulness, and morality for her to emulate you need never worry that she will become wayward and immoral.

10. Obedience of the Parents and the Rules of Society

It is sometimes easier for the parent to neglect his child than to force him to be obedient. However, this will present serious behavior problems in your child when he grows older and is forced to attend school and mingle with others.

Little Ted was an only child. He was brought up in a home where there was no father. The father had deserted the mother when Ted was four. The mother had to work part time, so left Ted with relatives who cared for him while she was away. He was unruly, rude, ill-mannered and dirty. He had never been given the simplest rudimentary rules for caring for himself.

At the age of eight, when Ted was in school, he was unruly and withdrawn. He would not enter into classroom discussions and

refused to play with other children during recess. He sat for long periods by himself, staring out the window. He lacked concentration and seemed backward. Tests showed that he had a bright mind but he simply took no interest in studying or improving himself. He worried a great deal, he was bewildered, and thought about the things that worried him at home, his future insecurity, his mother's unhappiness and what was going to happen to them. Obviously, Ted was the victim of neglect and parental unconcern. If he had known the comfort and love of both a father and mother, who gave him incentive to study, to work, to be obedient, he could have matured into a bright, well-adjusted, happy child. As it is, unless corrective steps are taken by a psychologist, Ted faces a gloomy future and society has allowed another unhappy and miserable misfit to be created.

11. Avoidance of Danger and Dangerous Situations

In the early years of his life a child has no way of knowing that fire will burn, that knives will cut, and that water will drown. It is your duty as a parent to instill in his subconscious mind standards of safety that will protect him while he is young and which will teach him how to avoid danger and dangerous situations.

In the first four years of life he will have to be watched by an adult or an older child, to see that he does not get into dangerous situations. However, even in the stages of crawling and beginning to walk within your own home, dangers lurk constantly. Confine him in a room in the first two years of his life where there is a minimum amount of danger. Objects such as knives, scissors, matches, medicines, insecticides, and other dangerous articles should be kept in places that your child cannot reach.

Firmness Essential in Early Years

When he reaches for objects that might harm him, a firm "no" will show him he must not touch them. However, he will not avoid handling such objects until you have repeated this injunction many times, so he must still be watched. When he is running around the house, you must keep a guard rail on stairs, avoid refrigerators or trunks that might lock if he should get inside, and use every precaution to assure his safety. Gradually, as you point

out dangers and instill caution in his subconscious mind, he will begin to form habits that will safeguard him. Even at three, however, you cannot leave him alone on a city street, for he will not realize that it is dangerous to dart out in front of a car. You can warn him, hold his hand and guide him, and repeat your warnings until he learns the subconscious habit of caution.

12. CONTROL OF HIS AGGRESSIVE TENDENCIES

All children occasionally have behavior problems which might be termed aggressive tendencies. They build inner frustrations and feelings of hostility, no matter how carefully they are brought up. You must recognize these feelings in your child when they appear. Very often, when a child has been the only one in the family and a new child comes along, all the love, affection and attention that was formerly given to the first child is now transferred to the second, younger child. This can cause feelings of jealousy, hostility and even hatred in your child's subconscious mind.

It is vitally important in such instances that you divide your time and attention between your children so as to avoid this feeling of resentment.

Child Jealous of Little Baby Sister

A child of three, a boy, was the center of attention in his home during the first three years of his life. His mother and father worshiped him and gave him all the love and affection they were capable of giving. Then a little girl was born, and the parents turned their attention to the new-born child, giving the three-year-old boy less love and attention. One day when the mother was busy in the kitchen, the little boy began to drag his baby sister from her play pen, across the floor. The mother hurried into the room in time to see the youngster open the door and try to push his baby sister out onto the porch. It was winter and the child would have been out in the bitter cold.

The mother screamed and rushed to protect her daughter, and the little boy cried out angrily, "Let the doctor take her back to the hospital. We don't want her here!"

This evidence of jealousy and hostility in such a young child is a common occurrence if the parents do not take pains to lavish as

much love and affection on the older child as they do on the new arrival. It took a great deal of work to undo the damage done to this boy's subconscious mind. He had to be re-educated and shown that he was still loved and desired.

13. Respecting the Privacy of Other Members of the Family

This habit can be instilled in your child's subconscious mind at a very early age. Give your child the feeling from the very start that he is an individual and that he has a right to his own thoughts, his privacy and own toys and clothes, and even his own room, when he is old enough to have it. However also imprint on his mind the fact that other members of the family have a right to the same privacy and respect. If there are other children in the family let your child know that he has his own toothbrush, towel, washrag, clothes closet, and dresser drawers. When he is old enough to understand your instructions, show him these things and play a game of putting things where they belong.

14. Proper Care of Money and Habits of Saving and Thrift

Your child should be taught about money and its value as soon as he is old enough to comprehend what you are talking about. He will observe early in his life the value and importance that is attached to money, for in the course of daily events, in every home, it is inevitable that the question of money arises. He should be given subconscious habits of respecting money, of being allowed to earn money for his own purposes, and even put on a small allowance, in keeping with the amount given to children in his age group in your neighborhood. This will give him a feeling of belonging to the family and will allow him to develop an early sense of responsibility and pride in such things as saving and buying the simple things he desires.

15. Control and Direction of the Early Sex Drives and Impulses

Many parents worry unduly about the early sexual impulses and drives that are shown by their children. They wonder at what age they should begin the child's sexual education, and many parents make no effort whatsoever to inculcate upon their chil-

dren's subconscious minds knowledge about proper sexual impulses and behavior. It is now a part of the educational system in some cities to teach children about sex in school. Many people object to this, feeling it is the province of the home and the duty of the parents to undertake this vitally important training. However, when parents will not take on that responsibility it is essential that a child is given some kind of sex education.

Later, in another section of our study, we shall investigate the pros and cons of early sex education.

Summary of Chapter Three

1. *Subconscious habit patterns vital in shaping child's destiny.*
2. *The positive habit patterns you should instill in your child's subconscious mind.*
3. *How to imprint the right habit patterns in your child's mind.*
4. *Early eating habits and how they affect your child.*
5. *Table manners and proper deportment.*
6. *Punctuality and respect for time vital to your child's future.*
7. *Teaching your child how to respect others.*
8. *Control of anger and temper tantrums through subconscious training.*
9. *How to build habits of honesty, truthfulness and morality.*
10. *Importance of establishing father and mother image.*
11. *How to develop habits of obedience to parents and society.*
12. *Teaching your child to avoid dangerous situations.*
13. *Controlling your child's aggressive tendencies.*
14. *Establish habits of thrift and care of money in your child.*
15. *Controlling and directing the early sex drives and impulses.*

FOUR

How to Set a Great Destiny for Your Child in Pre-School Years

In your child's pre-school years, between birth and the age of five, his mind is like a piece of soft, malleable clay. You can mold it into any shape that you choose. By the time your child is ready for kindergarten you can imprint in his subconscious mind a pattern of thinking which will make him obedient and amenable to his teacher's influences and protect him from being harmed mentally by negative examples that may be set by neglected or backward children.

It is vitally important before your child begins his formal schooling that he will be ready for school *and will accept training by strangers.* You can set your child's mental stages for future greatness in his pre-school years by following carefully the regime we shall now study.

When your child should begin to read

At what age should you begin to teach your child to read? According to scientific findings conducted by university researchers, it is now proved that the moment a child shows interest

in letters of the alphabet, books, and games with blocks that have the alphabet printed on them he is capable of being taught to read. This has occurred in some cases as early as two and a half years of age, and in others by the time the child was three or four.

It was also found that children who are given special attention by their parents can be taught to read, write and perform simple problems in arithmetic by the time they are four. This shatters many of the old-fashioned notions that a child must wait until he enters kindergarten or first year of grade school before being subjected to a schedule of training.

Your child's subconscious mind is like a sponge, eagerly soaking up everything that is in his early environment. Now scientists are urging that a program of formal education begin as early as four years of age for most children who have a fairly normal intelligence. In fact, seventy cities in the United States are setting up pre-school programs that have been advocated by the National Education Association.

Your child is brighter than you think

If you have given your child a normal home environment, plenty of love and attention, and given him opportunities to emulate your own high standards and your disciplined habit patterns of order, harmony, love and happiness, he will already have a sound, positive subconscious foundation that will make it fairly easy for him to learn anything that you want to teach him.

Dr. Burton White of Harvard University, in his studies of a child's ability to learn at an early age, has come to the conclusion that any child who is of normal development, can learn and progress much more rapidly than his usual age group, if his parents will take the time and effort to train him from the first day of birth.

Your child is much brighter than you think! Scientists in the field of education have taken children of four, and taught them to do simple problems in algebra. These children were able to read and write and express themselves fluently, by the age of five, when they usually enter kindergarten.

Encourage child's interest in new experiences

Instead of negating your child's enthusiasm when he shows an interest in new experiences you should encourage him, for this will stimulate his mind and cause him to become more creatively active.

One mother I know observed that her five-year-old son showed a tremendous interest in radio and television sets, and in all kinds of electronics and mechanical equipment. He wanted to take things apart and see what made them work. One day he tore his tin monkey apart to see why it ran up a rope. His mother did not scold him when he could not put it together again. She talked to him and showed him the principle which made the toy work. The child was fascinated. The mother gave the boy an old alarm clock and a worn-out radio to play with. The child soon took them apart and studied them in fascination. His mother kept him amused with other mechanical toys in these formative years and constantly suggested that he could become an expert in mechanical and electronic fields. This early subconscious imprinting influenced the boy later in his school studies and when he left high school he entered an electronic training field and became an expert in repairing and maintaining complicated electronic devices. He is on his way to a great career because of his mother's early suggestions to his subconscious mind.

Another instance in which a child's mind was set in the mold of subconscious action by her mother was that of a girl who showed a great interest in nursing and caring for her baby dolls. She went through the usual play activities which most girl's indulge of keeping house, caring for her dolls and putting them to bed, but this child was more sensitive and alert than most children and her mother decided that she would suggest to the girl that she become a nurse.

The mother told the girl what an honorable profession nursing was, and how she could help the world through the healing arts. By the time her daughter had graduated from high school her mind was already set in the future mold of her career. She entered a nursing school and had her training and is now happily

engaged in doing the work she feels she was dedicated to by her mother.

The pre-school subconscious regime for training your child

1. Give your child toys and games that will develop his learning ability as soon as he can sit up and begin to play with toys. At four months of age, it is found that a child can be given a wide variety of multi-colored objects with which to play and he rapidly develops co-ordination between his eyes and his hands, enormously increasing his powers of observation.

2. Push your child into new experiences that constantly expand his powers of observation, experimentation and investigation. By the age of two your child will already be showing the result of your controlled environment in relation to his learning ability. He will be using words that most children don't learn until the age of three or four; he will enjoy playing games that include telephones, toy typewriters, puzzle games, where he can learn new combinations for himself, and other games which can hold his interest and cause him to develop mental powers at an early age.

LEARNING PROCESS BEGINS IN THE PLAYPEN

3. Start the learning process for your child while he is still in his playpen, and then, as he walks and runs, you can proceed to more involved techniques where he can play games with members of the family or other children. Give your child books and magazines suitable to his age group; furnish him with old magazines that have colored pictures which he can cut out and furnish him with a scrapbook into which he can paste them. Try to have a playroom for your child, which is his very own, and furnish him with table games such as cards, checkers, bingo, parchesi and, when he is older, even chess. His mind delights in these pre-school years in experimenting with many new forms of learning and games can be used to excite his interest and capture his imagination.

GIVE YOUR CHILD LEARNING TOYS

4. Such learning toys should be furnished your child not only in the pre-school years, but until he has reached the age of seven at least. He can play with construction toys, model planes, boats

and trains and jigsaw puzzles, as well as other entertaining, learning games. Girls should be furnished with dolls and doll clothes that can be removed or made, toy furniture and dishes for housekeeping, which can give your girl a chance to emulate the patterns that you set for her in your own housekeeping every day. Remember, your little girl will want to imitate the mother and become like her, and the little boy will instinctively want to become like the father. These mother and father images should be furnished early in the life of your child by playing with them, giving them time and attention, and by being patient with their problems, their eternal asking of questions, and other forms of childish annoyance.

Selection of Books

5. Before letting your child read any book, read it first and acquaint yourself with the subject matter, being sure that it is positive and will give constructive impressions to your child's subconscious mind.

6. Set a regular time for forming reading habits for your child. Just before bedtime is usually a good time to lure your children into a reading session, for it helps create a pleasant atmosphere for retiring for the night.

7. Have your children sitting before you, in comfortable positions and be sure that you share the fun of looking at the colored pictures with your child as he progresses. Stop and let him ask questions occasionally, or let the child look into the book himself as he goes along with you and follows the story.

Avoid Implanting Fear Images

8. Avoid stories that are highly stimulating, such as fairy tales that invoke imaginative pictures of witches, giants, fearsome creatures or stories about children who run away from home, get lost in the woods, or have other disquieting experiences. This type of reading matter over-stimulates your child's mind just before bedtime and may lead to restlessness and inability to sleep, as well as to create fear images that lodge in the subconscious mind giving your child fear patterns in the future.

9. When you read to your child, remember that you are setting subconscious habit patterns regarding reading and studying, which can affect his entire future. Read slowly, carefully enun-

ciating your words and give emotional intensity to the meaning, so your child will be interested throughout. When your child goes to school in those first anxious months, this care on your part will help him, for either he will be a good, attentive student or he will fall behind in his classes, being unable to concentrate or give serious attention to his teachers. It will all depend on how you have trained your child's subconscious mind at this important juncture in his pre-school years.

Learning Patterns Set Through Poetry

10. Poetry is a good way for you to reach your child's subconscious mind, for *rhythm imprints itself on the subconscious more readily than dull, monotonous words.* Teach your child simple poems at this stage, let him memorize them, repeating the words after you. Make it a game. Choose poems that have short sentences and that are not too complicated in their meaning. They should be about simple, every-day subjects, such as cats, dogs, household items, other children, going to school, or any other interesting matter that will hold your child's interest.

How to Have Your Child Demonstrate His Learning

11. When your child has learned a story let him read it back to you, praising him for his skill and helping him over the difficult parts. This will give your child's subconscious mind confidence, pride and a feeling of great accomplishment.

12. Impress upon your child's subconscious mind the fact that reading and studying can be a great joy in the future, and that books will open new horizons of the mind that will enrich his life and bring him happiness. Teach him that adventure and excitement lie in the world of books and that his mind is growing stronger as he absorbs the great thoughts of other minds. Your child should be taught to respect books and take good care of his own, not destroying them. Your child will learn his first lessons in art appreciation, in color, line, symmetry and form, when you teach him how to enjoy colored pictures in the book. He will acquire good taste, an appreciation of beauty and an esthetic sense that nothing else can quite duplicate.

How to Implant Virtues in Your Child's Mind

13. Your child's subconscious mind can be more easily trained in habits of order, honesty, goodness, truthfulness, and the importance of being a good student, through the precepts set forth in simple stories where goodness and virtue are rewarded. *Instead of preaching* to your child about the values of the home-spun virtues of honesty, truth and goodness, you can imprint his subconscious mind by reading him simple stories which embody these moral, ethical, social and spiritual values.

Teaching Your Child to Use His Hands

14. If your child is three or four years of age, he will enjoy doing things with his hands. This method of subconscious teaching can prove very valuable if you furnish the child with scissors and colored paper, or let him cut out pictures that he can color with crayons, he will soon acquire a sense of coordination between the hands and the brain that will add to his skills later. He can also be taught soap sculpturing or modelling in soft clay at this stage, where you show him how to make little figures of animals or other objects. It is a good thing also to let his own imagination dictate the objects which he shall create.

Practical Arithmetic in Everyday Life

15. You can easily help your child's subconscious mind learn numbers and simple arithmetic by having him run errands to the local store as soon as he is able to, paying for objects, and getting the correct change. You can also cut an apple up into four parts, giving each child a piece, or divide an orange, and call the sections quarters, halves, thirds, etc., setting the mental stage for arithmetic, fractions and other problems which may be too abstract for him to grasp in school. You can begin the important training of his subconscious for money and its value, by letting him pretend to buy and sell various objects in the home, and he will soon learn values, how to count money and make change. This type of practical learning is more valuable than the abstract figuring which he might do in school without purpose.

Example of Boy Who Became an Accountant

Philip T was given subconscious training by his mother, when he was only three years of age, that shaped his mind in the direction of arithmetic. The mother gave him blocks to play with that had letters and numbers on them. She furnished him with colored books that fascinated the child and made him want to learn to read and write when he was only three years of age. His mother encouraged the child's interest in arithmetic and soon he was doing simple problems in addition, subtraction and multiplication. His mother helped him work out problems in fractions and by the time her son had entered kindergarten he was already far advanced in simple arithmetic, and his mother was beginning to teach him more advanced problems in fractions and higher mathematics.

This child went on to become a talented public accountant and will achieve a satisfying and rewarding career in the future.

Television as Aid to Learning

16. Television programs can be selected for their educational value. A travelogue can stimulate your child's interest in geography. A "Tarzan" type of program presenting scenes in Africa or other foreign places can give your child an interest in travel and stimulate his imagination and love of animals. A large wall map should be furnished in your child's playroom to which he can refer and discover for himself such fascinating places in the daily news as Africa, Arabia, Vietnam, and India. This can be made a game for families where there are two or three children.

Subconscious Training Created Explorer

An interesting example of how one young man was influenced by his mother's early subconscious training to become an explorer and photographer is that of Dick R. His mother encouraged him to look at all adventure and exploration films that showed on television. She observed that her child loved animals and jungle stories, and she took him frequently to see travelogues at the local theater which showed wild animals in Africa, Brazil and Asia. When her son was eight, his mother bought him a small

camera and encouraged him to photograph the family pet dog and cat. He was soon developing his own films and printing them.

When he was twelve he earned the money to buy an eight millimeter movie camera. He went on field expeditions with his young friends and photographed birds, insects and animals in their natural backgrounds. The mother kept up her subconscious suggestions to her son that he could become a successful explorer and photographer. He left high school after graduating and got a job as assistant to a photographer.

After three years' experience he joined a travelogue expert who was going to Africa on a photographic expedition. The young man is now on his way to building a great career as an explorer and nature photographer. His early subconscious conditioning by a wise mother undoubtedly helped trigger his mind in the direction he chose for his future career.

How to Present a Variety of Interests to Your Child

17. Community projects or social problems discussed on television can also help prepare your child's mind for participation in actual real-life problems in his own community in the future.

18. Commentaries by specialists in their fields, such as those dealing with electronics, airplanes, travel, space ships, atomic power, agriculture and industry, may imprint your child's subconscious mind and actually pave the way for his choice of his own career in aviation, the army or navy, electronics, air-conditioning, or other special fields which appeal to your child. Visual education through television is a vast new field that is engaging the attention of educators and sociologists, and this medium will be used more and more in the school and in home training of children in the future.

19. Your children should be taken to see home shows, auto shows, designing and decorating shows, boat shows, dog shows, and other special exhibitions where they are exposed to new thoughts, new methods in creative fields, and where their consciousness can be expanded to new horizons. Boys will be especially interested in boating, golfing, fishing, camping, hockey, football, basball, aviation exhibits, and other forms of masculine entertainment or education. Girls will take a great interest in fashion shows, home designing, and decorating, cooking, home

care, child care, hair styling and make-up. Let your children choose these varied activities for outlets for their expanding curiosity and need for stimulation. These things will pay rich dividends in enriching their subconscious and conscious minds and making them true citizens of the world.

Musical Training Important for a Child

20. If you have a piano or other musical instrument in your home, this will furnish your child with the subconscious stimulus to acquire musical taste. It is not too early even at three or four years of age to begin to teach him simple notes, and his interest may grow and evolve through having his own phonograph. You can buy records with nursery rhymes and jingles, and gradually you can make up games using music as a background. Your child and his young friends can sing simple songs or play games and say rhymes to music.

If your child shows an interest in a musical instrument at five or six years of age, it might be good to let him begin to study that instrument, even if he never becomes a full-fledged professional musician. There are valuable subconscious assets which music will furnish for your child, adding to his future creative expression and even affecting his personality. Children have a natural fondness for music and will often mark time to musical rhythms. They enjoy group singing and making up little rhymes and words and you should encourage this creative spirit in your child as soon as he shows his first interest in music.

How Your Child Can Become a Professional Genius

If you want to create a Van Cliburn or a Horowitz in your child, and he shows a natural talent for music, there is no reason why you cannot do so. You must start to work early to shape his subconscious mind in the direction you want your child to go. You cannot put musical talent into a child's mind—this is something that is inherent or inborn—but you can certainly direct and shape his talents and make him a great musician if he shows the interest and inclination to pursue a musical career. Think of how a Jascha Heifetz was created. This great violinist started when he was only six years of age to practice the violin. His parents wanted him to become a great violinist. They constantly sug-

gested that he would be an outstanding musician. The boy practiced eight to ten hours a day for twenty years, and then his subconscious mind had the control and co-ordination that made Heifetz one of the world's great violinists.

The moment your child shows a natural bent for medicine, art, music, literature, industry, or any other profession, you can start immediately to give him the positive suggestions which will implement his natural talents and give him the impetus to achieve success in his chosen field.

Summary of Chapter Four

1. *Imprinting confidence and security in the pre-school years.*
2. *When your child should learn to read.*
3. *Your child is brighter than you think.*
4. *Value of home training to build subconscious mind.*
6. *Encourage child's interest in new experiences.*
7. *Example of boy who became electronics expert through early subconscious training.*
8. *Avoid negative suggestions at this pre-school stage.*
9. *Imprint love of books and learning in the pre-school years.*
10. *The pre-school training regime for your child.*
11. *Important to furnish "learning" toys early in life.*
12. *How to choose right reading matter for your child.*
13. *Pre-school subconscious regime to train your child.*
14. *Open new horizons of the mind through books.*
15. *Importance of the right television programs.*
16. *The value of giving your child early musical training.*

FIVE

How to Endow Your Child with a Brilliant Mind

You have it within your power to choose any degree of mental brilliance that you desire for your child. You can endow your child with a brilliant intellect or a mediocre one. You can help him shape his mental potentialities into constructive, positive channels that will bring him fame, fortune and recognition in his chosen profession.

It has now been determined by scientists that children have vast potentials for learning. They are only limited by the limitations set by their parents or their teachers.

From the time your child is born he is busy absorbing all kinds of information and knowledge which he will store in his subconscious mind and use throughout his life. It is vitally important that you implant in your child's subconscious mind the positive suggestions that you want him to incorporate in his mind. These suggestions will affect his personality, his creative talents and will influence his choice of a career and will even affect his social life and future marriage.

What mental food shall you give your child?

Just as your child's body is nourished and made healthy by the food he eats, so too his mind is shaped and built by the mental food you give him in his early, formative years.

There are five channels through which your child's subconscious mind absorbs knowledge and information from the outer world:

1. Through suggestions that you give him.
2. Through his own auto-suggestions.
3. Through ideas implanted by others.
4. Through formal schooling.
5. Through his independent reading and studying.

You can control the mental food that your child absorbs in the first four or five years of his life. After he enters school his mental habits will be shaped by his teachers and his schoolmates, but if you have laid a good solid mental foundation your child will continue to act according to the subconscious ideas you have implanted.

The child's first contact with the world is through his subconscious mind. You can expose him to a world of beauty, happiness, laughter and joy, or you can give him suggestions that reflect worry, anxiety, fear, hatred, poverty and misery. You want the best for your child, naturally, but did you ever stop to think that he will only shape the type of world that you create for him in his subconscious mind?

Voltaire said, "To be a hero, think heroic thoughts."

For your child to build a brilliant mind and fully develop all his potentials for greatness and achievement, he must be given subconscious suggestions that embody positive virtues, high ideals, and great concepts.

Your first duty as a parent is to see to it that your child receives only those subconscious impressions that will mold and shape his mind in the direction of greatness. As his mind and consciousness keep evolving, expanding and growing under the impetus of the great thoughts you plant in his subconscious, you will see the results in greater perception, more brilliance in his school work,

advancement and rewards in his future business affairs, and even greater acceptance and fulfillment in his social life. Thoreau said, "To him whose elastic and vigorous thought keeps pace with the sun, the day is a perpetual morning." The light of intellect and brilliance will furnish your child with inspiration, incentive and joy all his life.

Suggestions can be given to your child's subconscious mind in several different ways: *by example,* which your child will imitate; *by words* that suggest the concepts you want to imprint on his subconscious mind; *by teaching him to read great books* and directly assimilate great thoughts; *by letting your child write down ideas and precepts,* as soon as he is capable of writing well, that will indelibly imprint themselves on his subconscious mind; *by hearing radio and television programs and movies* that hold positive suggestions for good; and *by building positive emotions within his consciousness* that will impart to his conduct the qualities of faith, hope, optimism, joy, love and forgiveness, and all the other virtues.

Basic steps for building a brilliant mind through subconscious suggestions

1. Start when your child is in the first year of life to say *positive* things to him, such as, "You're a good baby. You're a happy baby. Mother loves you very much. You will be a strong, healthy boy. You will be a good student in school and get along well with your teachers and other students. You will be liked by everyone who meets you. You will walk, and talk, and play very quickly and be very happy in life. You are a beautiful baby." These suggestions can be said in a crooning, happy tone of voice, and even though your child does not at first understand the words you use, they are registering on his sensitive and impressionable subconscious and will gradually form patterns of emotional stimuli which will communicate themselves through the nerves and muscles and body chemistry to the child's body, and into his conscious actions when he is older.

2. When your child is two years of age, he will fully understand the words you use in giving him positive suggestions. You can change your suggestions to fit his growing needs, adding new ones as he grows older.

3. While your child is asleep at night, you can sit close to his bed and whisper positive suggestions to his subconscious mind such as, "You will obey mother when she tells you what to do. You will be happy and healthy. You will be confident and self-reliant. You will have a strong mind that will bring you everything you desire. You will build habits that are good and positive. Your mind is calm, controlled and peaceful. You are good—good—good. You are happy—happy—happy." You can repeat each suggestion five to ten times, softly, but firmly, and very, very slowly. Your sleeping child's subconscious will absorb every word and thought that you are trying to imprint on his subconscious.

4. As soon as your child is able to read fairly well, and after he has started to school, see to it that he reads worthwhile books on subjects which are healthy, normal and beautiful.

5. Constantly suggest to his young mind that you desire a high goal for him in the future, and that he must hold high dreams and noble impulses in his mind if he wishes to achieve greatness.

6. Set high standards for your child to emulate. Teach him to be selective in the books he reads, the movies and television programs he views. You can help him set his early reading habits by choosing works that reflect the lives of great men in the fields of science, exploration, art, music, literature, politics and business.

You can imprint the love of beauty and the power of words in your child's subconscious mind when he is only three or four years of age. You can read to him, simple stories that reflect qualities of honor, goodness, and high morality. You can also make up simple stories featuring heroes who are worth emulating. A love of words can be inculcated upon your child's mind by praising his efforts to speak and read, and by telling him the importance of being able to communicate throughts through the medium of language.

How One Mother Created a Future Author

When Mrs. G had a baby boy, she decided before he was born that she would shape his mind to become a great writer. She started training her own subconscious mind by reading beautiful poetry and inspiring literature. When her son was only two years

of age, she had taught him the beauty and meaning of many words and the child had a rich and varied vocabulary that amazed everyone. Mrs. G praised her son's efforts at learning to read the alphabet, and by the time he was three he had mastered the alphabet and could read simple stories easily. When he entered school at five years of age, he was way ahead of his class, and he seemed to crave more and more knowledge of new words and began to write down the words he learned, amazing his teachers with his knowledge.

Mrs. G gave her son subconscious suggestions when he was asleep at night by whispering in his ear: "You will become a great writer. You will help inspire thousands of people with your stories of greatness and inspiration. You will enjoy creating fiction and your imagination will become strong and active. You are successful as an author. You will become famous and make a fortune through your writing."

This boy became the brightest student in his classes, and by the time he had graduated from high school, at the age of seventeen, he was already writing short stories and sending them out to magazines. When he was eighteen he sold his first short story to a national magazine, and when he entered college he took a course in literature and became editor of the college magazine. Soon his stories were being printed in the publication and everyone at the university predicted that this young man was on his way to becoming a powerful writer.

7. When your child is old enough to use his own auto-suggestions to reach his subconscious mind, you can write down sentences, mottoes and suggestions which he can memorize and repeat every day at least five or ten times. Some of these positive suggestions might be as the following, or you can make up your own to fit your child's growing needs:

I can be as great as I want to be in life.

I will be successful in my school work.

I have a strong mind and it grows stronger as I study harder.

I will make of this day a joyous and beautiful experience which I can share with others.

I now control my thoughts and emotions, my temper, my tongue and my nerves, and live in the awareness of health, happiness, power, success and fulfillment.

My memory grows stronger each day and makes available to me all forms of knowledge.

My imagination is a tool to future greatness and I exercise it every day, creating a world of pleasure and rewards.

8. Teach your child early in his life the difference between positive suggestions and negative suggestions. Give him examples such as this positive one, "I can achieve success in this venture," and then contrast it with the negative one, "I'm afraid I'll fail." The positive suggestion, "I can pass my examinations and get good grades," can be contrasted with the negative suggestion, "I know I'm dumb and that I'll fail to get good grades."

Implanting the right thought atmosphere in your child's subconscious

Children learn from their home backgrounds all the lessons that will prepare them for taking their place in the outer world. It is too late to try to change your child when he goes out into the world, and absorbs negative thoughts from the minds of others, if you have not first given him a good, solid, basic foundation for his subconscious in your home.

If you surround your child with negative moods and emotions in your home in his early life he will begin to reflect these in his own mind and environment later in his life. A child will absorb such negative states of consciousness as: anger, hatred, sadness, fear, worry, anxiety, stinginess, laziness, bad manners, uncivil conduct, stubbornness, lack of co-operation, indolence, procrastination and other negative emotions.

On the other hand if you create a positive thought atmosphere in your home, your child's subconscious mind will begin to reflect the emotions you constantly express. These can include confidence, peace, harmony, poise, friendliness, generosity, charity, forgiveness, understanding, sympathy, goodness, high morality, mercy, compassion, beauty, and love.

Example of Negative Imprinting

Joyce was reared in a home where there was a completely negative environment. Her mother was quarrelsome, lazy and slovenly around the home. She let little Joyce shift for herself until she was five, when she started to go to kindergarten. The mother constantly scolded her daughter, telling her she was no

good and would never amount to anything in life. She frequently spanked her for minor disobedience and refused to let her play with other little children.

When Joyce entered kindergarten she was so withdrawn and frightened that the teachers found her uncooperative, timid and unable to learn lessons or games. The child wet her bed every night, and the mother made things worse by scolding her and beating her, telling her she was willful and bad. The girl matured into a self-conscious, insecure and backward adult. She married at eighteen to get away from her mother, she had a baby in the first year of her married life, took the child and ran away from her husband. She was divorced soon thereafter, married again, and had another child. She soon became so slovenly and maltreated her children so badly that the authorities were called in. They took her children away from her, made them wards of the court, and the mother continued drifting into paths of immorality, drinking, and taking sleeping pills. The end came when she took an overdose of pills and ended her misery.

How Joyce Could Have Been Saved by Right Training

There is no doubt that Joyce could have been saved if her mother had known how to reach her child's subconscious mind and instill suggestions of wholesome love, goodness, integrity, and strength of character.

If your child is brought up in a negative thought atmosphere it will seriously affect his subconscious mind and weaken his will to succeed. His mind will grow weaker instead of stronger and he will mature into a weak, vacillating, indefinite and inferior adult who can never achieve anything worthwhile.

Your child will build his life according to the subconscious suggestions he receives in the home. He will carry the thought atmosphere you create throughout his life, into his school, into his social activities and even into his future love life and marriage, marring his chances for happiness and fulfillment.

The positive philosophy to imprint in your child's subconscious mind

You can imprint a positive philosophy in your child's subconscious mind that will permeate every phase of his life, and build a strong, positive mind, sound emotional values, and emo-

tions that will help him meet the challenges of life with poise and equanimity.

Eleven subconscious cornerstones for building your child's destiny

Give your child the following eleven subconscious cornerstones upon which to build his own personal life philosophy in fulfilling his destiny. You can repeat these suggestions to him every day, in various ways, until they are firmly imprinted in your child's subconscious mind.

1. You will have the same opportunities as other people if you study hard, work hard and deserve success. You will never get something for nothing. You will have to prove to the world your value and that you have something important to contribute to the world.

2. You must build habit patterns of order, diligence, thrift, studiousness, and perseverance if you want to achieve happiness and success.

3. If you want to make friends and win acceptance by others, you must prove worthy to be a friend and help others, encourage and praise those who deserve it and show a friendly, kindly attitude towards everyone you meet.

4. You are not necessarily superior to others, but you were born equal, with equal opportunities for developing a strong mind, a high character and you will have equal chances to express yourself creatively in a world where quality counts.

5. If you violate the laws of life, you will be paid back by life for your transgressions. If you lie, cheat, steal, or commit immoral or improper acts, your own conscience will first punish you and then the laws of nature will exact their toll.

6. You may think that dishonest and immoral people achieve riches and fame, and for a time, they seem to prosper, but it is only in the last act of their lives that you can truly know if they really got away with their illicit gains.

7. You can only rise to high pinnacles of achievement in life by obeying the social, moral, ethical, and spiritual laws of goodness, truth, honesty, charity, forgiveness, and compassion.

8. You will be happy in life as you earn the right to happiness, and by sharing happy experiences with others.

9. You must express tolerance of others in matters of belief, faith and racial origins, for in God's sight all men are born equal.

10. You will always treat other people with dignity and respect, and demand the same treatment from them, by earning that right.

11. Throughout your life you will have faith in God and let Him be a constant source of guidance and inspiration leading you to live a life that reflects the spiritual virtues represented by the Ten Commandments and the Golden Rule.

These eleven subconscious cornerstones should be repeated as often as possible in the early formative years. Your child's subconscious will make them a part of his own mental fabric and they will cause him to build his life on a solid foundation for a future great destiny.

Summary of Chapter Five

1. *You can choose the type of mind you want your child to have.*
2. *Your child has unlimited potentialities within his mind.*
3. *What mental food to give your child.*
4. *The five channels by which your child absorbs knowledge.*
5. *Suggestions you can give to endow your child with a brilliant mind.*
6. *Importance of high goals for your child to reach.*
7. *How to imprint beauty and greatness in his mind.*
8. *Teach your child to memorize great thoughts.*
9. *Vital importance of creating right thought atmosphere in the home.*
10. *How child became a writer through mother's positive suggestions.*
11. *Examples of negative subconscious suggestions.*
12. *The positive life philosophy to imprint in your child's mind.*
13. *The eleven subconscious cornerstones for your child to build a strong mind and a noble character.*

SIX

How to Give Your Child a Magnetic and Dynamic Personality

Your child's personality begins to develop from the first day of his birth. He subconsciously receives impressions from the outer world which help mold his personality and ego. The "ego" here means the child's awareness of himself and his personality.

To make your child magnetic and dynamic you can begin from the first few months of his life to imprint qualities of poise, confidence, charm and magnetism in your child's subconscious mind. You can furnish the ego-drive for your child that will make him a happy, optimistic and out-going person, who can win friends and love. If you imprint on your child's subconscious mind the wrong principles and negative suggestions, your child can easily develop a personality that is warped, self-conscious, inferior and inadequate.

How a negative imprinting was done

One such negative example of personality malfunctioning came to my attention some years ago. Harold was an only child. He was brought up by a mother and father who believed in the old-fashioned idea that a child should be seen and not heard. Throughout the first five years of Harold's life, he was "shushed," and forbidden, and disciplined, until he withdrew into a shell of indifference and insecurity which blighted his personality and closed the portals of his mind to the outside world. By the time Harold was ready to enter school, the parents found that he was not interested in studying, but spent most of his time daydreaming and staring out of the window. The teachers could do nothing with him. He was shy, fearful, and withdrawn. The case was brought to the attention of a child psychologist who discovered that Harold was the victim of parents who had shattered his image of security, destroyed his ego-balance by constantly telling him he was stupid and would never amount to anything. The child, as a defensive mechanism, withdrew into a world of his own, from which it was most difficult to cause him to emerge.

How one child developed dynamic personality

Another instance, which I directly influenced, was that of a girl who came to my lectures in Carnegie Hall when she was still a young child. Her mother used the principles given in this study to develop her daughter's ego from the time she was born. She praised her, loved her, gave her attention and kindness, encouraging her when she did something well. She did not spoil her daughter by giving in to her every whim, but she impressed on her subconscious mind the idea that the child was valuable to her parents and to the world. Soon the little girl showed pride in her accomplishments, she learned to read and write and do figures at the age of four, and when she entered school she was so bright and charming that everyone adored her, including the teachers and other students. *This child never knew what it was to feel inferior or to be self-conscious.* She was never punished, for she had been trained to be obedient and did not require punishment. What a contrast to the pitiful case of little Harold, who withdrew

into a shell of apathy and indifference and whose ego was crushed at such a tender age!

The power of psycho-dynamics to shape your child's personality

The Cellular Theory of modern science teaches us that the thoughts and impressions of our conscious and subconscious minds can be imprinted upon our body cells, shaping and molding them in whatever image we hold. Psycho-dynamics is the method by which we imprint thoughts on our subconscious minds and then project them to the nerves, muscles and cells of our bodies. The ego and the personality are built by the thoughts that are most persistently imprinted on your child's subconscious mind. You can start very early in his life to imprint thoughts of value in his subconscious mind and these will be reflected to his body and his personality, making him act with confidence and poise.

Regime for building your child's personality

1. Present for your child an example in your own personality of happiness and cheerfulness. When you talk to him, let it be in a tone of voice that is soft and gentle and use words that convey love and happiness.

2. As early as possible, implant in your child's subconscious mind the principle of looking on the bright side of things. This is called optimism. Show him that there is a good side to everything and he must search for that good in every situation. Let him look at life through rose-colored glasses, and when he encounters negative situations, teach him to look for a method by which he can change them into positive and constructive forces. The personality that reflects moods of constant depression and anxiety is bound to be negative, and such an ego cannot inspire or uplift others. Your child's sense of worth and value will increase if he can be taught to think in this pattern of optimism.

How Negative Thought Atmosphere Imprints Minds of Children

An instance of how negative thought atmospheres can infect an entire family of three children was that of a woman who came to my attention some time ago. She lived in the country, and had

three children; two boys and a girl. The mother complained constantly about the fact they were so poor. They were farmers and things never seemed to go right for them. These three children were told repeatedly they were born poor and would remain poor all their lives. The little girl never had any dolls like other children; the boys had to work from sunup to sundown on the farm. The mother complained that things were bad but were going to get worse. If it was a bright sunny day, the mother would say, "Yes, but it's sure to cloud up and rain and ruin the crops." If it was a dry season, she would complain that the drought would wreck them.

These three children all became infected by this morose, pessimistic attitude of their mother. The father was silent, meek, and mild and his wife dominated him completely. Later in life, when these children were adults, I met the family and the children were identical in the way they talked and walked, and their faces all bore the same expressions of seriousness and sadness. Everyone remarked how the family traits had been inherited by all three children. But it was not an hereditary influence in this case, it was complete imitation by the children of the mother's perpetual negative thought atmosphere that she carried with her. The children became subconsciously imprinted with her negative attitudes and consequently their lives were miserable and unfulfilled.

3. Teach your child to have an outgoing personality rather than an ingrown one. An extrovert is usually one who shares his thoughts, experiences and possessions with others. The person who habitually thinks of himself is selfish and ingrown. His personality becomes negative and withdrawn. Teach your child to participate in group activities, to indulge in the give and take of conversation. The wallflower is never popular, so your child should be trained to participate in all kinds of games, dances, parties and social activities which bring out his gregarious instincts to love to be with people.

4. How to Instill Confidence in Your Child's Mind

To instill confidence in your child's subconscious mind praise him often and encourage him to do things on his own. This first attempt at independence may seem foolish to the parents, but it is

important to remember that after the age of three or four your child is going to want to do more and more on his own. He will want to help dress himself, bathe himself, feed himself, and take the initiative in his games and even in attempts to study certain things. This self-confidence which he asserts at this stage should be encouraged, for if you constantly beat his mind down through discouragement, criticism, ridicule and making him feel childish and foolish your child will build a subconscious resistance to you, and this will definitely affect his personality and weaken his ego and self-confidence.

5. How to Encourage Friendliness

Encourage your child to be friendly and show him by example what friendliness really is. If he has little visitors in his home, encourage him to share his toys with other children. Some children are possessive and do not want to share their toys with brothers and sisters or visiting strangers. You can praise him when he makes the first break-through in this department, and tell him what fun he can have in life by sharing things or experiences with others. A well-balanced personality requires this quality of sharing and giving.

6. How to Use Dynamic Suggestions

Teach your child positive assertions with which he can imprint his own subconscious mind that will help him strengthen his own ego and build a dynamic and magnetic personality. He should be taught to say as often as possible the *I am, I can,* and *I will* suggestions set out below. These set up psycho-kinematic vibrations from his subconscious and conscious mind to the muscles and nerves of his body, through the sympathetic nervous system, making up the drive and setting into motion the energy to perform the acts he envisions. Following are basic positive assertions using these three dynamic principles:

The I am suggestions

I am dynamic and magnetic
I am able to achieve great things
I am happy, healthy and powerful

I am friendly and attract friends
I am confident that my future will be great
I am mentally strong and emotionally balanced

The I can suggestions

I can achieve greatness
I can become anything I want to become
I can learn easily anything I choose to learn
I can get along with other people
I can master my problems
I can control my emotions, temper and tongue
I can be a great success in my studies and my future work
I can overcome obstacles that arise in my path
I can be happy, no matter what situations arise

The I will suggestions

I will be healthy, happy and successful
I will achieve my life goal
I will work hard and win life's rich rewards
I will obey my parents and win their respect
I will have faith in myself and my destiny
I will radiate qualities of poise, peace and power
I will be confident in every situation in life
I will master myself and the situations that surround me
I will be optimistic and cheerful in the face of difficulties

Dynamic personality is built through dynamic thoughts

Your child's subconscious mind should be constantly filled with dynamic thoughts if you want him to have a dynamic personality and a well-balanced ego. His outer show of ego depends on his inner thoughts. Start as early as the age of two to build your child's ego. The child who receives constant reprimands and is forbidden to do things builds subconscious resentment against his parents. However, you cannot let your child do everything he wants. Where is the stopping point?

Too Many Restrictions Warped This Child

Mary M was brought up in a home where there were two other children. She was the first girl and when she was born the whole family was delighted. They showered her with love and attention, but because she was a girl, everyone conspired to protect her and restrict her actions. She was never allowed to do anything for herself. She was warned constantly not to hurt herself; she was forbidden to play or run because she might fall, get dirty, or hurt herself in some way. She told me, when I later met her as an adult, that she remembers not the love and attention she received from her family, but her mother's piercing, shrill voice screaming, "Don't go near that lamp, Mary, it'll fall on you." "Don't climb those stairs, you're too little to be climbing stairs." "Look at the mess you've made on your new dress, now Mommy's going to have to work hard to wash it." "Stop scuffing your shoes on the linoleum, I've just waxed it." She was so surrounded by taboos and restrictions, she told me, that she grew up with a bitter resentment in her heart for her mother that blighted what might have been a wonderful, loving relationship. This negative impact on Mary M's personality caused her to become overly anxious, fearful and moody. She was afraid to date boys because her mother warned her constantly that all boys were animals and only wanted one thing from her. She was warned of the consequences of petting and kissing, and was told that she would get diseases if she indulged in such acts. Instead of educating her to the true facts of sex and love and her feminine needs, when she was approaching the age of her maturity, the mother left her alone to find out facts for herself, and she was never really given a good foundation for building her social, sexual, or marital life. Consequently, when I met this confused and unhappy woman in our lecture work, she confessed she had never known love-fulfillment.

The formula for achieving a strong ego-drive through the subconscious

1. Teach your child mental habits that will cause him to always think highly of himself. Impress upon him that he is as good as anyone else, and that he can become superior mentally by putting superior thoughts and high ideals into his mind.

2. Imprint on your child's subconscious mind from the earliest age that he can become any type of person he wants to be. Suggest constantly that he can be intelligent, happy, healthy, dynamic, loving, kind and friendly . . . but he must choose these qualities mentally and reflect them in his outer personality

3. Give your child recognition as a *person,* from the time he is old enough to have ego-awareness. This is usually about the age of eighteen months. He will smile, react, make efforts to talk, to express his own individuality and this effort will grow apace as the months go on. You can instill in his subconscious mind strong suggestions at this early stage that he is a wonderful child, that he is loved by everyone, that he will be able to do anything he chooses. This means giving him freedom of movement, and freedom of expression, and restricting the times you tell him "No." "Don't do that!" "You're a bad boy!" "How many times have I told you not to do that?" These negative suggestions are ego-awareness-killers, and cannot help leaving their scars of frustration on your child's subconscious mind.

Suppression Can Lead to Maladjustment

When a child is constantly criticized, scolded and suppressed, he will gradually withdraw into a shell and make little effort to adjust to the outside world. A young girl who was brought up in a family that was very repressive was constantly criticized by her sharp-tongued mother. When she made childish mistakes her mother scolded her and told her she was a naughty girl and no one would love her when she grew up. If the girl tried to talk and express an opinion, her mother would tell her to shut up and eat, no one wanted to hear her opinions. When the girl was friendly to strangers, her mother warned her that people would kidnap her, and strangers would molest her and kill her. This child grew up in an atmosphere of fear, suspicion and complete negativity. When she went to school she was silent and withdrawn, and extremely shy. She never made any close friends and her teachers had problems with her. Unless corrective measures are taken to change this girl's subconscious habit patterns she will mature into a suspicious and withdrawn woman who will find it difficult to adjust to the outside, every-day world.

Be Firm With Disobedient Children

4. If you have more than one child and you note that there is quarreling, dissension, disobedience to your orders, do not raise your voice, or fly into a rage. If one of your children persistently bites, kicks, or hits his brothers and sisters, this poses a serious problem. If you let him persist in such actions, his subconscious mind will soon grow the habit pattern of non-conformity, defiance, insubordination and destructiveness. The moment you see your child bite, kick or hit another child, do not scream out, or run and slap him, or command him even to stop, but quietly and firmly pick him up and remove him from the room. At the same time tell him in a firm, disapproving voice that a little boy who hurts other children cannot play with them. Then put him in a room by himself, locking the door and ignoring him if he kicks the door or screams. Leave him alone for at least fifteen minutes. Only then should he be permitted to return to playing with the other children.

Teach Your Child to Be Likeable and Pleasant with Strong Ego-Drive

5. Give your child a strong ego-drive by teaching him to be likable, and to present a pleasant, happy and loving attitude towards others. Show by example that this principle works wonders and you will soon instill in your child's subconscious mind a likable, easy-going, pleasant and happy personality that will charm all who come into his presence. If, on the other hand, you set into motion negative forces of moodiness, depression, fear, anxiety, worry, hatred and resentment, in your child's subconscious mind, these will destroy his ego-power and cause his personality to suffer when he is an adult.

Boy Became Super-Salesman Through Strong Ego-Drive

To show how a person's ego-drive can lead him to outstanding achievement, I once met an insurance salesman who was about twenty-five years of age and had sold millions of dollars' worth of insurance. He was the outstanding salesman of his firm. He told me the secret of his success. He said, "When I was a child I was lucky enough to have parents who gave me constant encourage-

ment in expressing myself. My father was an outgoing person, who loved people and taught me to like everyone. My mother was active in church work, and she loved people also. We were a large family, five brothers and sisters, and from the time we were kids, I remember my mother constantly encouraging us, praising us, telling us we would become successful in life. I never heard her express a negative word in those early years."

Later, after graduating from high school, the boy began to sell from house to house. Finally, when he was twenty-two he got a job selling insurance and soon became the outstanding salesman of his company. Here we can see how a child's early subconscious conditioning can create a super-salesman, by giving the child ego-drive and building his sense of confidence and faith in himself.

Importance of Being a Good Conversationalist

6. Early in his life, teach your child to be a good listener, as well as a good conversationalist. You can make a game of conversation if you have two or three children. When they are old enough to make up little talks, give them a subject dealing with some every-day, familiar experiences or objects, and let them speak for two minutes on this subject. You will be amazed at the originality and inventiveness they develop. But more important still, the impetus this gives to their egos is tremendous and prepares them for the give and take of social reciprocity which will be demanded of them when they take their places in the world.

Implant Great Ideas in the Mind

7. As your child grows to six or seven years of age, and his experiences broaden, and his school studies expand and new dimensions of thinking are experienced, try to subtly implant in his subconscious mind great ideas. As his brain cells begin to incorporate new and expansive ideas, these will reflect in his personality and ego, giving him more power, more magnetism and more self-assurance. Instead of letting your child limit his mental experiences to merely his studies and his small social circle, gradually lead him into hobbies and interests which will broaden his knowledge and furnish him with new interests. Stamp-collecting is a fine hobby for him to undertake. It will give

him a sense of value, an ego-drive to accomplish something to be proud of, and will occupy many happy, wholesome hours. Art, music, making things of wood or metal, any of these that he shows interest in will furnish him with incentive to do creative things with his hands, and as his pride in his accomplishments grows, his personality will become many-faceted, and his ego will become well-developed and strong.

How a Mother Encouraged Child's Artistic Bent

I once met a young man who was a very successful commercial artist. He worked with advertising firms in doing clever layouts for newspapers and magazines. He told me how his mother had discovered he had an artistic bent when he was only five years of age. She had encouraged him to create things with his hands. She bought him clay and showed him how to model toy animals. She gave him a set of paints and started him on the road to discovering the joys of color and harmony. She constantly encouraged his efforts to create, and never laughed at his first awkward attempts to draw or paint. This young man later enrolled in an art course and got a job when he graduated with a fine advertising company. Soon he became one of their most talented commercial illustrators, and draws a very good salary and has a brilliant future ahead of him.

If this young man had not been given subconscious training by his alert and intelligent mother, it is doubtful if he could have achieved this outstanding success in his chosen profession.

How a Boy's Father Shattered Artistic Talent

An opposite illustration comes to mind of another young man I once counselled who was in a business he hated, and he blamed his father for his failure in life. When he was young, this man also showed an interest in art, but his father, who dominated the family, told the boy it was "sissified" for a man to be an artist; that artists all starved to death, that he would never amount to anything in the art field. He persuaded his son to take a business course and the boy grew up unhappy and frustrated and hated his father for killing his dream of being an artist. When I

counselled him he was already in his late thirties, but he still wanted to become an artist. I encouraged him to take up painting as a hobby, and paint in his spare time and when he was on vacation. Five years later this man had a one-man show in New York city and sold most of his paintings. At least he is making a great effort to overcome the tragic consequences of negative subconscious imprinting by his father. Even if he never achieves outstanding success as an artist, he is at least emotionally satisfied in his efforts to create something beautiful and enduring.

How to Organize Your Child's Thinking

8. Implant early in your child's subconscious mind the suggestion that he should organize his thinking and his life. This should begin by the time he is five or six, and should include order in his possessions, a time schedule for his eating and sleeping habits; regularity in his physical needs, such as bathroom and bathing habits; time for play, time for study, and hours of recreation with friends, picnics, or going to the movies on Saturday. If you can teach your child to adopt a time-schedule in his mind regarding most of the affairs of his life, you will see him grow up into an efficient, orderly, harmonious, intelligent and well-behaved adult. Let him make out lists scheduling his various daily activities, and encourage the keeping of a diary in which he notes his thoughts and actions. Let him keep this completely private, so he will be encouraged to express himself fully at all times without fear of snooping.

Summary of Chapter Six

1. *How to shape your child's subconscious for a strong personality and ego.*
2. *How to avoid personality maladjustment for your child.*
3. *Example of how wrong training created personality disorder.*
4. *Power of psycho-dynamics to shape your child's mind.*
5. *Regime for building a strong, positive personality.*
6. *How to make your child bright and optimistic.*
7. *How to build an outgoing personality.*
8. *Positive creative assertions to strengthen your child.*
9. *How to use psycho-kinematics to reach the subconscious.*
10. *The six dynamic* I *am suggestions.*

11. Nine vital I *can, and* I *will suggestions.*
12. Natural ego-drives and how to use them for great power.
13. Dynamic thought patterns to create a dynamic personality.
14. Subconscious formula to build a strong ego-drive.
15. How to handle disobedience without harming child.
16. How to organize your child's thinking.

SEVEN

How to Shape Your Child's Subconscious Mind with Positive and Constructive Emotions

Your child is born with only one ingrown fear; that of falling from high places. All other fears, it is generally agreed by psychologists, are acquired by the young child. At a very early age a child will respond to loud noises, like a car's backfiring or a shot, with involuntary reactions, accelerated heart beat, faster breathing and evidences of tension in his visceral organs.

Your child should be protected from shocks and loud noises during the early months of his life as much as possible. However, as he must learn to live in a world that is a little less than perfect, he should gradually become accustomed to the normal, everyday shocks and noises which will accompany him the rest of his life.

Parents can inadvertently imprint fear, worry and anxiety

Many children develop extreme anxiety in the early years, before they reach the age of three or four. This is because their parents may continually argue in front of the children or discuss

serious problems, money worries, fears and anxieties about the child, or about illness, the terrible things going on in the world, and other problems and matters that create *emotional insecurity in the subconscious minds of their children.* Without realizing it, such parents are imprinting on the subconscious minds of their children patterns of fear, worry and anxiety that will burden the children the rest of their lives.

Bed-Wetting Traced to Emotional Insecurity

A little boy aged six persisted in wetting his bed every night, and his parents tried doing everything from scolding him to whipping him every time he wet the bed. This child had been subjected from the time of birth to feelings of insecurity, neglect and unhappiness. The father was lazy, drank excessively, and the mother constantly scolded, nagged the husband, and found fault with her way of life. The child had absorbed these negative mental influences in his subconscious mind and it led to such feelings of anxiety and fear that he began wetting his bed as a manifestation of his insecurity and was unable to control this bad habit. Whipping him only made it worse, and the child grew into a weak, inferior boy, who could not concentrate on his studies and who was always left out of the games and sports of his schoolmates. The parents never knew why their son turned out to be such a miserable failure!

Nail-Biting Traced to Insecurity

A boy ten years of age began biting his nails for some "unaccountable" reason and could not be broken of this habit, no matter what his parents did. Finally, in despair they took him to a child psychologist to find out what was wrong with him. The child gradually revealed to the psychologist a long tale of horror that had existed from his earliest childish recollections. His father and mother quarreled constantly over the father's infidelities. Late at night, this boy would hear his father come home, and arguments would continue until early morning. The child soon became so fearful and worried about his future that he sought relief in nail-biting. It was such a deeply imbedded subconscious force that it took months of psychotherapy to get him over it. The parents also had to be re-educated and shown the error of their

ways. Gradually, when they overcame their emotional problems and established a healthy mental atmosphere for their child he stopped biting his nails. He became a good student, and went on his way to achieving a happy, healthy future.

How to handle different kinds of fears

Around the ages of three or four your child is apt to have picked up several different types of fears and anxieties. These can be imbedded in his subconscious mind, no matter how you try to avoid it; they pick them up from associating with other children, visiting adults, pets, and strange environments. Most common of these fears may be a fear of policemen, fire engines and ambulances, stray dogs, and strangers. He may also have picked up false subconscious images about such things as witches, bogeymen, imaginary giants, and creatures from another world. As he is extremely imaginative at this stage, he will pick up all kinds of ideas from other children with whom he plays, or from listening to adult conversations, or they may even come from radio programs, television or movies.

Begin training child in the crib

To avoid this type of subconscious conditioning, you should begin training your child while he is still in the crib. You can shield him from loud noises, arguments and discord in the home environment. He should not be picked up by strangers too often, he should be taught early in his life not to be afraid of the dark. You should occasionally sit with him and turn out the lights in the room, leaving just a very faint light so he can see you, then croon and talk to him in a calm, soothing voice. Then turn out all lights and keep talking to him, take him up in your arms, loving him and saying comforting words. Soon you can turn out the lights and leave him alone in the dark a few moments, returning to him in a short time, continuing talking and letting him see that you are always nearby in the event he needs you.

Soon his subconscious mind grows accustomed to the dark, and he has the feeling of security that he needs, knowing that you are nearby.

How a Boy Developed Symptoms From Fear of Dark

An instance of the effect of a child's emotions on his health, and how fear can manifest as physical illness, was that of a boy who was frightened of the dark. His parents would lock him in a dark room when he was naughty to punish him. His mother would put him to bed in the dark, and warn him that hobgoblins and witches would come and get him if he dared cry out. The child would lie in the dark at three and four years of age in terror, expecting frightening creatures to rise up out of the dark and devour him. He dared not cry out, for he had been warned he would be punished. The child developed all kinds of anxieties and worries, which soon began to affect his health. He was pale and undernourished, and would refuse to eat the food put before him. When he began going to school he was listless and withdrawn. At the age of ten, he developed pains in the heart and stomach region. Doctors could find nothing organically wrong. But when the parents brought in a child psychologist, he soon discovered the long train of circumstances that had been set into motion in the subconscious mind of this child, and he set to work to undo the mischief the parents had unwittingly committed.

Emotions can change your child's body chemistry

Your child's subconscious mind is affected by negative emotions of fear, worry, hate, and anxiety when he is young. Not only will these negative emotions cloud his mind and keep him from developing into a normal, healthy and happy adult, but they will have profound effects on his body and his organs, and can lay the foundation of future sickness.

If you imprint the emotion of fear in your child's subconscious mind, the adrenal glands, which are above the kidneys, will release excessive amounts of adrenalin and your child's bloodstream will be flooded with this powerful substance. It will cause his heart to beat too rapidly and the muscular system will be affected; the circulation of the blood will be stimulated and the cells of his body will be adversely affected.

Adrenalin will also cause the stomach to react, for the stimulus of fear will cause the blood to flow from the stomach to the

muscles of the arms and legs and the digestive juices will be inhibited, laying the foundation for future ulcers and serious stomach trouble.

How physical punishment can be dangerous for your child

Many parents believe that they must physically punish their children for disobedience, but modern psychologists believe that this often causes more harm than good. It instills fear (as intended) in the young child's mind that may never be eradicated. Also, it can lead to serious mental and physical harm.

Mental Effect of Physical Punishment Can Be Dangerous

An example of how punishment can lead to serious problems is that of a child who still sucked his thumb at five years of age. His parents scolded and threatened him, and finally when he did not yield, they punished him physically with a strap. The child finally did stop sucking his thumb, and his parents thought that their physical punishment had at last done the trick.

When their child prepared to go to kindergarten, he began to stutter and was so ill he vomited. He was sick for several days. The doctor found nothing wrong with the child physically. The child had developed psychic scars in his subconscious mind that had serious physical repercussions in his health. His parents had implanted fear, insecurity and the feeling in his mind that they did not love him. It is most difficult to change this destructive subconscious pattern when it is once established.

Child develops nervousness if constantly reprimanded

If a child is constantly reprimanded or punished, he will develop nervous symptoms. He will be ill at ease with others, he will become highly irritable and unable to adjust to new situations. He is apt to become more disobedient, restless and sensitive. He will usually persist in doing anti-social acts, and will be most uncooperative with parents or teachers. He is apt to jump when he hears a loud noise, or he will twist a lock of hair or fiddle with some object without apparent reason for his actions. He will

sleep poorly, and awaken frequently with nightmares and troublesome dreams. He will worry a great deal and cry without apparent cause.

If your subconscious training of your child has been positive and correct this will not happen to your child. If your child has developed fears and anxieties before you began this type of subconscious training, you will have to work hard with positive suggestions to break the habit patterns of the past. You may even need the aid of a child psychologist to help you get your child back onto a normal path of positive reactions.

The positive emotions you can instill in your child's subconscious

1. CONFIDENCE: Teach him early in life to be confident in himself and to stand on his own two feet. If you set this example by your own conduct you will easily imprint confidence in your child's subconscious mind. But if you are fear-filled, shy and backward, your child will emulate this pattern in his thinking.

2. HAPPINESS: The emotion of joy and happiness is one that your child will naturally possess if you do not curb it through negative training. Let your child express his exuberance and happiness and try not to curb his childish ebullience.

3. FAITH: A child is born with faith but many parents kill this quality by teaching a child fear and anxiety. Teach your child to have faith in himself, faith in his parents, faith in his country and faith in God.

4. EXPECTATION: A child is constantly looking forward to new experiences with the emotion of expectation. His first movie, his first circus, his first time swimming or fishing, or going to school . . . train him to have joyous expectation of the good life that he will have in the future.

5. SHARING WITH OTHERS: The emotion of charity, or sharing with others must be instilled in your child's mind early. He is naturally selfish at birth, but as he matures teach him to share his toys and his pleasures with his brothers and sisters or visiting children.

6. CURIOSITY: This emotion is natural in children. Encourage

his curiosity about the world he lives in and try to answer his questions patiently.

7. LOVE: The emotion of love should be implanted in your child's subconscious mind early in life. He will learn hatred and intolerance in school from other children, but if he is fortified by this positive emotion by his parents it will help him build a subconscious resistance to other negative emotions.

8. ENTHUSIASM: This positive emotion should be planted early in your child's mind. It will give him energy and drive in his future career to be enthusiastic about things. It will also help him in his school studies if you train him to be enthusiastic about every new experience in life.

How positive emotions built a career

A young man born in a poor family might have developed into a negative, fearful person who would be a failure. However, Clinton B was raised by a mother who used positive emotions and suggestions on her son from the first months of his life. She gave him self-confidence by constantly telling him he could do anything he chose to do in life. She let him develop his natural tendencies to explore, to run and play and investigate, with a minimum amount of interference in his actions. She taught him to expect a great destiny and every day she would tell him he could become a successful lawyer, or doctor or businessman . . . if he chose to be successful.

When Clinton was in high school he worked evenings to make extra money, using the emotion of expectation to give him impetus and energy. He expected to go to college to study law, and the emotion of faith made him believe he would do so.

Clinton graduated from high school with honors. Then he discovered that his high grades made him eligible for a scholarship to a leading university. His positive mind, his bubbling enthusiasm, his constant sense of expectation and faith, gave him such mental stimulation that he finished his course in law and soon found a wonderful job in a law firm. Clinton is now a junior partner in the firm, and a bright future awaits him.

If his subconscious mind had been negatively conditioned by

negative emotions, he could never have achieved the success he did.

How negative emotions created a frustrating destiny

An exact opposite instance of negative subconscious emotional training was that of a young man who came to see me for a consultation. His name was Jerry H, and he told me of a sad and unfortunate childhood in which his parents were poor farmers and their philosophy was that one was born to lose from the start. Jerry was told that rich people had all the money, that no matter how hard he tried he could never amount to anything. He dropped out of high school and went from one job to another; he was a bus boy, elevator operator, laborer, and finally he became a drifter with no particular goal in mind. He got into legal difficulties and spent six months in jail. When he got out he sought my help and told me his tragic tale. I began at once to change his subconscious pattern by instilling confidence, faith, expectation, enthusiasm and other positive emotions in his mind. He has now enrolled in a course in electronics in evening school and has a good job. He can achieve a happy, successful life if he follows the subconscious regime I gave him.

Regime to avoid fear patterns becoming established in your child's subconscious mind

1. It is easier for you to avoid implanting fear patterns in your child's subconscious than to remove them when they are already formed. Avoid frightening your child by telling him a bogey man will get him if he is bad, or threatening to give him away to a tramp, a policeman or an imaginary witch. A child believes you implicitly in his early formative years, and your frightening threats will lodge in his subconscious mind creating all kinds of complexes and hazards.

2. When your child is preparing for bed and you read to him or tell him stories, avoid frightening him by telling him stories about ghosts, werewolves, giants, bats, vampires, skeletons or other imaginary creatures that lurk in the dark. This will have a most harmful effect on your child's subconscious mind and can

cause him to have future nervous disorders, or so undermine his confidence in himself that he will mature into a weak, fearful and vacillating person.

3. Avoid creating fear and insecurity in your child's subconscious by starting toilet training too early in his life. Do not put him on the toilet until after he has reached eighteen months of age, or even two years of age, and then have a stool close to the floor. If you place him on an adult sized bowl, he will become subconsciously frightened of falling in, or the rush of water may frighten him, creating complexes about his toilet habits that can lead to serious complications in adult life.

4. Never force your child to go into water to learn how to swim by pushing him in, or laughing at his fears and anxieties. Gradually accustom him to water, letting him choose the time when he will go into a pool or the ocean by himself, with your careful supervision. If he sees others having a good time in the water, he will naturally gravitate to it, without your urging. Then you have merely to give him assistance, watch him and let him develop his fearless awareness of the water naturally.

5. Many fears and anxieties are implanted in a child's subconscious mind at an early age through seeing television programs or movies that feature scary stories or violence and bloodshed. You should rigidly control the television programs your child is exposed to. Many psychologists believe that much of our modern delinquency and immorality among the young can be traced to the lowering of standards in our media of entertainment. If a child is told that what he will see on the screen is only a presentment of life, and not always accurate, he can be somewhat insulated against the spectacles of violence, killings and immorality to which his young mind will be subjected. You cannot shield him completely, for he will have friends in his age group who see certain programs and he will develop the feeling that you are unjust and are leaving out a very vital part of his life experience because you do not permit him to see certain programs.

6. Teach your child to play with other children as early and as often as possible after the age of two, so he will be exposed to the normal amount of competition, rough and tumble of games, and of sharing with others his toys and his fun. If he should strike

other children, he should not be punished, but talked to and told of the wrong he is doing. If he persists, he should be removed from the room and left alone until he sees the error of his ways. He will soon realize that he is deprived of much pleasure if he continues to be mean or selfish and this will change his attitude.

7. Children often learn from others about the fear of death. They go through very anxious phases about this problem, unless you explain casually that everyone who is born, must one day die, but that this is a long way off, and comes only when one is very old. Do not associate it with going to sleep or being put into the ground or other scary ideas about ghosts or spirits, which a child cannot fully understand. You can ascribe death to a being called God, if you choose, and explain how God calls up the souls of those he loves and thus remove the fear of death early in his life.

8. A child's fears and anxieties, if he has little sisters in his family, may center around the fact that he is built differently from little girls and he may wonder what has happened to his sister's penis, and why she is built differently from himself. Explain in a matter-of-fact voice, as soon as he begins to ask such questions, that boys and girls are created differently. Tell him that he is built like his father, and his sister is built like his mother. Tell him that this is nature's or God's plan to help create more children, but only go into this type of involved explanation if his curious little mind begins at an early age to question where he came from, who brought the new-born baby, and why mother had to go to the hospital to get the new baby. Later, in a special section of our study, we shall deal more fully with sex education and preparation of the young for this important department of life.

Tell child the truth about his birth

It is not good for your child's subconscious training to be told false stories about the stork, or the doctor bringing the baby in a black bag, or that God sent it under a bush in the backyard. Better to come out with the truth, when he asks such questions and in a quiet, calm, unembarrassed manner explain that the father plants a seed within the mother, and that she carries the

child until he is old enough to be born, then he comes into the world through her own body and becomes a living being.

Little girls are most apt to be concerned as to why they are born differently from their brothers, and the mother should explain simply that the little girl is like her mother, and that it is good for her to be born the way she is, and that eventually she can grow babies inside of her, like her mother does. She should be told that this is something to be proud of and to look forward to.

How to handle jealousy

Between the ages of three and six children have many adult-like qualities about them. They are inclined to love intensely those who are close to them. They are deeply attached to the parents, and they may show affection and evidence of a type of sexual awakening that might alarm the parents. Remember that it is perfectly natural for a little girl to become attached to her father, and for little boys to have romantic attachments to their mothers. The boy may, at this stage of his life, resent his father and show jealousy, even expressing the wish that he might kill his father so he might have his mother all to himself.

It is at this early stage that the mother can imprint the right subconscious habits about love and marriage and family relationships. She can tell her child that he must accept both parents equally, and implant in his mind the fact that he is loved intensely by both parents. If the parents begin at this stage to show favoritism, it can lead to permanent and serious subconscious scars for the future. The father may favor the daughter, and they may enter into a subtle conspiracy against the mother. The girl may turn to her father for rewards, and she may resent being punished by her mother. It is at such times that the parents must show wisdom enough not to favor either child. This is especially true when new children come into the family; this type of favoritism can imprint the older child's subconscious mind with the fact that the parents no longer love him.

How Favoritism Created Misery

An example of how such favoritism can create misery was that of a girl, who was the first child in the family. She was adored, pampered and loved, until a son was born three years later. Then

she was promptly consigned to second place by the parents. The new-born child was given the affection and praise and attention the girl had formerly known. When another little girl was born two years later, the parents continued their adoration of the new-born, and pushed both of the other children into the background. The first-born girl grew cold and distant; she became a very poor student and got low grades. No one could understand the change that came over her; she was sullen, withdrawn, and unhappy.

When she became an adult, she had become so embittered subconsciously by what she felt had been her parents' neglect that she married and divorced within two years time. She confessed that she never felt loved and wanted by her husband. She was so overcome with subconscious feelings of jealousy, regret and envy that they made a lasting impression on her character and personality and doomed her to a lonely, miserable life.

How to safeguard your child against dangers in early life

Make it a point not to imprint negative emotions of fear and danger in your child's subconscious life by giving him repeated warnings to be careful not to hurt himself or to endanger his life or limb by taking unnecessary chances. Mention these warnings a few times, until you are sure they are imprinted on your child's subconscious mind.

At four or five years of age your child should be shown how to cross streets; to wait and watch at the curb and look both ways, and wait until the light turns green before he crosses; then to be sure there are no cars coming both ways. He should be taught never to run across a street; and never to loiter midway in the street. He should be told never to dart from behind a parked car without looking first.

If Negative Habit Patterns Develop

If your child should, despite all your precautionary measures, develop negative habit patterns or compulsions between the ages of eight and ten, you must be prepared to cope with them intelligently and without alarm. Some of these symptoms may be:

nervousness, anxiety, nail-biting, blinking his eyes excessively, twisting his neck, or sniffing or coughing without apparent reason . . . if he develops any of these symptoms and the pattern is one of regularity, it may be the result of undue anxiety and nervous tension that your child is experiencing.

If you started this subconscious training early enough in his life, your child will most certainly never develop these symptoms, but if he was not given this type of positive training, and develops these compulsions, check on your methods of training, for you may be at fault. Perhaps you are too severe and demanding of your child; you may have set standards for him that are so high your child cannot live up to them at his age. His father may not have established the right atmosphere with his child, or there is too much correction, or too many demands that he study harder, or excel in his school work; any one of a dozen reasons can cause your child to develop such subconscious habits that are negative and troublesome.

You can then begin a process of subconscious training, where you suggest to your child that he relax more, play and enjoy sports, outings, camping, and picnics with his young friends. Teach him to put less emotional intensity in the things he does; make his home life more pleasant; praise your child more, and make him feel that he is loved and wanted. Do not force him into family activities that he may not enjoy. With the proper amount of patience and love, you can help your child overcome this period of frustration, anxiety, worry or fear that usually accompanies certain stages of a child's life at or about the time of puberty.

Summary of Chapter Seven

1. *Most fears are acquired by your child, they are not inborn.*
2. *Avoid imprinting fear, worry and anxiety in your child's mind.*
3. *Emotional insecurity manifested as bed wetting, nail biting.*
4. *Problems created through feelings of insecurity.*
5. *How you can handle your child's different fears.*
6. *Instilling the positive emotions that will help give your child emotional stability.*
7. *Constant punishment can make your child nervous and ill.*

8. *Fear, anger and hatred are not natural in a child.*
9. *Regime for avoiding fear patterns in your child.*
10. *Avoid showing favoritism among your children.*
11. *How to safeguard your child against early dangers.*
12. *How to handle negative habits that your child may form.*

EIGHT

How to Build Your Child's Moral Life on a Solid Subconscious Foundation

Your child is born with an innate sense of what is good and what is bad. However, until he has reached the age of four or five, he is apt not to know what conduct is right or wrong, for he has not yet reached the age of reasoning. It will be up to you to implant in his subconscious mind the high standards and moral values which will give a sound foundation to his life and permit him to develop into a self-respecting, decent, law-abiding adult.

If your child is brought up in a home atmosphere that is happy, positive, cheerful and of high ideals and morals, he will automatically duplicate these qualities in his own life. They will become his own ideals and moral standards.

On the other hand, if you create an atmosphere in your home of emotional instability, immorality, dishonesty and prevarication, your child will build his subconscious mind in this mold and it will cause him to take on these negative qualities in his own personality and in his future conduct.

How an immoral atmosphere infected a child

Helen L was brought up by a mother who was immoral. The girl was only three when her mother began having illicit relations with other men while her husband was at work. The mother entertained her male callers in her bedroom and the child was kept in the living room. Even though the child did not fully understand what was going on, she absorbed the immoral atmosphere subconsciously. It left its invisible mark upon her mind.

The mother had left her husband several times, always because of her husband's well-founded suspicions and jealousy. She took her little child with her each time. When Helen became of high school age, she began to go out on dates. She had her first intimate relations with boys on dates when she was only fifteen. She became pregnant and when her mother discovered it, she beat the child. When the baby was born he was given away for adoption. The girl ran away from home at seventeen with a shiftless young man with whom she lived.

After two attempts at suicide this unhappy girl came to me for counselling. I found out her unfortunate background and had to work with her to break the subconscious pattern that her mother had established in her early childhood. Helen L can still find happiness, if she can be given a new set of mental and moral values by which to live. But how much simpler it would have been if her mother had set the right moral examples when Helen was still a child!

Your culture and your own training depended on your surroundings as a child. You will pass on to your child the impressions, ideals, moral values, good or bad judgment, which you had impressed on your subconscious mind as a youngster. Your child's subconscious is impressed by what he sees, hears, reads and feels. As you are his first source of information and knowledge, your child's mental world cannot help but become conditioned by your own culture.

Various ages for implanting subconscious suggestions

At eighteen months of age, your child should not be expected to understand the difference between right and wrong, for he cannot understand or obey your direct commands. In fact, he

may even go absolutely opposite to what you suggest; therefore do not be impatient, but set examples of patience and kindness. Explain to your child your actions, even though he does not understand your words. The emotion conveyed by your words sets the mold of his subconscious mind into favorable patterns. Begin to show him moral and ethical precepts by being attentive, kind, loving and generous. Put him into situations where he is protected and cannot do any harm to himself or others.

The Age of Beginning to Understand

At two and two and a half years of age, your child will begin to understand not only what you say, but what you want him to do. You can begin to seriously imprint moral and ethical values in his subconscious mind at this stage. Sometimes he may seem to be willful and disobedient deliberately, but you can easily imprint your wishes and suggestions at this age. He is able to understand your words; in fact, he has quite a vocabulary by this time, for, like a sponge, he is busy absorbing everything you and your family say and do. He will emulate your habit patterns, imitate your words and gestures and he is anxious to please you.

This is a very impressionable age and you can implant many positive ideas for future discipline. Keep your tone of voice firm, but gentle; be loving in your attitude, but give your suggestions in a clear-cut, simple language, which he will understand. Instead of direct commands of, "Don't do that. Stop, this minute. Leave it alone," give your child simple explanations as to why he must not touch the object, or do the things he is doing, which may be wrong. He will respond if you use this type of direct suggestion.

At Three Years of Age Your Child Is Most Responsive to Your Subconscious Suggestions

It is when he is three years of age that your child will be most responsive to your subconscious suggestions, if you have been working on him since he was born. At this age he is already set in his general characteristics. He is more attentive to you when you speak; he wants to please you and members of the family; he is beginning to shape his individuality, his personality and general character in the mold that you have set in his subconscious since his first day of life.

Now is the time to begin to give specific suggestions to his

subconscious mind. Your child is now at the age where he will want to explore, experiment, roam about the house by himself. He is responsive to praise and will also be very sensitive to criticism, even crying if you adopt too harsh a tone in admonishing him. Suggestions should be agreeable and pleasant, but still said in a firm tone of voice, a voice of authority, showing him that you mean business. He cannot yet reason out his actions, but he will respond in a kind of automatic reflex action to the set of moral and ethical values you have imprinted in his subconscious mind, and which he is imitating in their entirety.

At Four Years of Age He May Be Defiant

At the age of four, your child may begin to show signs of stubbornness and defiance, even if you have correctly imprinted his subconscious mind with the principles of obedience and compliance. This resistance to your authority and his defiance of your orders are symptoms at this stage that he is discovering his own powers, his own mind and emotions, and exploring new ways of doing things. He is finding his own character, his own will. Now he wants to branch out on his own and test his wings, so to speak. If, up to this time you have imprinted in his subconscious mind sound moral and ethical values and you have given him self-confidence, and a strong ego, he will still want to do things pretty much his own way. This is a time of experimentation, and you can allow him to proceed in his own way, making his own decisions about many of his little personal affairs, which up to now you may have made for him.

At Age Five You Will Achieve Splendid First Results

It is at the age of five that you will see you have achieved splendid results in training your child's subconscious mind and implanting sound moral, ethical, and social principles which are now beginning to bear fruit. You can breathe a sigh of relief now as you see the positive results of your months of hard work. Your child is now at an age where he begins to appreciate you as a parent, and he will look to you for guidance and direction in his daily conduct.

You have imprinted in his subconscious mind the positive

suggestions which now become set habits in his daily activities. You will see a responsive, alert and intelligent child, who will turn to you for guidance and advice. Now you can begin the positive subconscious imprinting that will prepare your child for school. At this age most children enter kindergarten. If your child has brothers and sisters, he will already have learned how to adjust to others, and to be co-operative. By this time you will have implanted in his subconscious mind qualities of agreeableness, ability to adjust to other children or his teachers; to share his toys, to have pride and joy in his accomplishments, and to be eager for studying books, and to do simple problems in arithmetic, and reading and writing. By the age of five you should already have implanted in your child's subconscious mind a complete knowledge of the alphabet, reading of simple stories, and simple problems in addition, subtraction and multiplication.

Six Years of Age Marks the Crucial Age

It is at the age of six that your child reaches a crucial stage where all your subconscious training may seem suddenly to be at odds with his willful action and even disobedience. He has reached the age now where he is aware of his own powers of persuasion; he will have been out in the world on his own now for a year or so; he has met other children and adults. He will have learned from them some contrary habits, some unruly manners, some dirty words. He has also observed rebellious and undisciplined behavior in other children of his age group. He will begin to imitate some of these mental postures and negative examples.

Do not be alarmed at this stage, at what might seem like your child's insubordination, his resistance to your suggestions, and even to his possible callousness. He may say "No" frequently, when you ask him to do something. He knows better, for if you have trained his subconscious mind to the correct values, he will have a good solid set of moral and ethical principles in his mind.

Sex Curiosity of Child Must be Satisfied

A boy aged six began to ask his parents questions about his body, where babies came from, and other things pertaining to sex. His parents were religious and embarrassed at these frank ques-

tions from the time their son was three years of age. They forbade him to ever speak of such matters again. When the boy was six, and went to school, he was fascinated by little girls. One day the teacher caught him examining a little girl and carefully noting the difference in the build of her body. The teacher notified the parents and the boy's mother and father beat their son, forbidding him to ever again touch a girl's sex organs and predicting all kinds of dire happenings if he dared play with other little children.

However, their son did not stop his investigating of little girls and finally, in despair, his parents took him to a child psychologist to find out what was wrong with him. If these parents had given their child some rudimentary facts about the differences between boys and girls, and answered his questions frankly when he first asked them, all this disturbance could have been avoided. This boy will now grow up with the subconscious impression that sex is something to be ashamed of. This could well affect his future love life, creating fear of women and even sexual impotence when he is an adult. As he now associates punishment and shame with members of the opposite sex, this could cast a shadow over his entire future love life.

A child's character generally set by seven years of age

At seven years of age your child will have set his character in the subconscious mold that it will retain throughout his adulthood, with minor changes and adjustments as he grows older. However, at this age he may not be as cooperative as he was before, for now he wants to assert his independence of his parents. He feels he is quite grown-up and not as dependent as he was formerly. Do not be alarmed at his sudden interests in other people, wanting to go on week-end trips with his boy companions, worshiping baseball or movie heroes, or other evidences of his approaching maturity.

At this age you can give your child auto-suggestions that he may use to implement his own subconscious powers, and teach him to say simple suggestions that will assist him in building his own powers of the mind and body.

Twenty-five positive auto-suggestions for your child

The following positive auto-suggestions may be used by your child any time after he has reached the age of five or six. The suggestions you give him should be continued, and you may use all the methods given in this study for reaching his subconscious mind in your daily training program.

Remember, it is important that these suggestions be given many times, for repetition is one of the best methods for reaching the subconscious mind. Another good way is to write them down and, as soon as your child can do so, he should write them down for himself. They should be said at night, just before the child goes to sleep for the greatest effectiveness. You need not give all these auto-suggestions at one time; choose only those that fit your child's needs, depending on the age he is at present. You can change these suggestions, combining them or adding your own to the list.

1. I am healthy and feel wonderful.
2. I am happy, peaceful, and poised.
3. My body is strong and I have energy and power.
4. I will sleep well tonight and awaken tomorrow refreshed.
5. I am good and obey my mother and father.
6. I will get good grades in school.
7. My lessons are easy and I can do them well.
8. I have confidence in myself and my ability to succeed.
9. I like people and people will like me.
10. I am friendly to everyone I meet.
11. I can solve my problems and be self-confident.
12. I am honest and truthful at all times.
13. I am understanding of other's weaknesses.
14. I am tolerant and forgiving of others.
15. I am developing a strong mind that will have great powers of concentration and visualization.
16. My imagination is now shaping the world of the future.
17. I can overcome any bad habits that I may develop.
18. My will power is strong and resists all evil.
19. I set high standards in my conduct and actions.
20. I will attract my right work and make big money in my future work.

21. I am patient and shall not give in to temper and irritability.
22. I shall practice self-control and not over-do.
23. My bodily organs function perfectly and perform their work under control of my subconscious mind.
24. I desire a positive mind that will always see the bright side of life.
25. I shall persevere in everything I do until I achieve success.

How subconscious training created a movie star

This subconscious regime created a famous movie star. A family in London had a son who was injured. His arm was threatened with infection and possible amputation. The boy was only twelve or thirteen at the time. His mother began to use suggestions to the boy's subconscious mind that his arm would be healed perfectly. She repeated these suggestions every day and made the boy give himself auto-suggestions during the day and at night before going to sleep. To the doctor's amazement, within a few days time the boy's arm began to be healed, and they did not have to amputate.

Then this woman's husband died, and she and the boy were left alone. The Blitz hit London during the war and their home was completely destroyed. Their fortune was gone. This woman took her son and came to America. She observed that the boy was maturing into a handsome, tall youngster, with an unusual and magnetic personality. She began to give him suggestions that he would one day become a famous movie star. The boy repeated the suggestions to himself every night. Within a few years time this young man was put under contract by the studios and became an outstanding star. This was the famous actor Peter Lawford, and it was his mother, Lady Lawford, who came to many of my lectures, who used this dynamic principle of training her son's subconscious mind.

Three things to observe for auto-suggestions

1. Be certain your child repeats each auto-suggestion that he wishes to incorporate in his subconscious mind at least ten or fifteen times every day for at least three months.

2. He should repeat these auto-suggestions as many times a day as he can, but principally at night, just before going to sleep, he should say them over to himself.

3. He should feel the emotional intensity engendered by the auto-suggestion. For instance, if he says to himself "I am happy and I feel great," he should allow the emotion of happiness and well-being to flood his mind and body. Emotional intensity helps imprint the auto-suggestions deeper into the fabric of the subconscious mind.

At eight years of age your child's powers should be considerable

By the time your child has reached the age of eight, his subconscious powers should be considerable. He should be functioning on a high level of efficiency, and he should be in harmony with his family, his playmates, his school chums and teachers. He will obey your suggestions and instructions more readily now, for he wants to comply, he wants to please you, he wants to show he has manners and is considerate and helpful to others. He desires your praise and encouragement at this age. He will now have a keen sense of the use of words and you can begin to implant in his subconscious mind pride in his school accomplishments. If he has any talents for music, singing, or art at this stage, it is a good time to begin his formal training along these lines, as he will be most imaginative and creative. His reading habits should be set by now, and his subconscious mind should give him joy in his accomplishments and achieving various goals at this stage of his development.

Nine years of age is a milestone for your child

At nine years of age, your child will have reached a milestone in his subconscious development. He will be thinking for himself and acting like a full-fledged member of the human race; that is, if you have inculcated the positive subconscious habit patterns of high ideals, correct morals and proper conduct in his early years. You will note that there is less tendency at this age for your child to argue with you as to what is right or wrong. He knows now

with a deep, inner certainty what his conduct should be and seldom will he deviate from the established habit patterns you have set into motion in his subconscious mind.

Regime for building high standards and moral values in your child's subconscious

1. From his birth to eighteen months of age, you can reach your child's subconscious mind by setting examples of high standards and proper moral values for him to emulate. If he hears you fighting and arguing constantly, he may not understand your words, but he will be imprinted with quarreling and arguing as a way of adult life. If you shower him with love and attention, and surround him with peace and quiet in his early years, he will emulate this pattern.

2. After two years of age, you can give your child direct suggestions. You can tell him to be good, and then when he is good, praise him and pet him for being good. You can tell him to be good to other children and share his toys, and he will begin to show pleasure in doing what you want him to do.

3. You can teach your child honesty by showing him what is his and what belongs to the other children in the family, and then showing him that he must not take things belonging to other people.

4. You can implant in your child's subconscious mind cleanliness in his habits, by encouraging him to be clean, and making of bathing and washing himself a game, where you praise him for his efforts to be clean.

5. You can inculcate self-confidence by letting him do things by himself after he has reached the age of two. Do not try to force him to play with certain toys, or eat certain foods, but allow him to make little decisions for himself.

6. You can instill idealism in his subconscious mind by setting an example in your home of order, harmony, happiness and beauty. The philosophy of idealism is that of trying to achieve perfection, and your child's ideals will be implanted in his subconscious by your own examples. See to it that your conduct in the presence of your child is always one of decency, patience, harmony, happiness and love.

7. You can instill justice in your child by being fair and honest in your dealings with him. Don't promise him something without fulfilling your promise; don't threaten him with discipline, unless you carry out your threat; if you do, your child will soon lose faith in you and see that you act unjustly.

8. You can begin early in life to teach your child tolerance and understanding. Point out to him as soon as he understands that people are different, but that they are all equal, and have certain rights, freedoms and benefits in our country, and not to be prejudiced against other children who might be different.

9. Your child should be taught to tell the truth at all times, no matter the consequences. If you establish this positive principle you will find that he will confide to you all his various problems and activities, and this will be a more wholesome situation than if he conceals things from you.

Shaftesbury has rightly said of honesty and truth: "The most natural beauty in the world is honesty and moral trust. For all beauty is truth. True features make the beauty of the face; true proportions, the beauty of architecture; true measures, the beauty of harmony and music."

10. Teach your child early in life to have charitable impulses and to help others.

11. Implant in his subconscious mind faith in himself, faith in other people, and faith in God.

12. Build vision in the mind of your child, for when he has expanded vision, he will be able to project his dreams to the future more readily.

13. Instill in your child the quality of courage, for it will help him face life's challenges more easily.

14. Teach him love of humanity, and instill a desire to help evolve the world and make it a better place in which to live.

15. Implant in your child's subconscious mind a high sense of honor, patriotism, and love of country, and devotion to family.

16. Teach your child to be friendly to others and not to be suspicious of people who are of a different religion, race or culture from his own.

17. Imprint on your child's subconscious mind the necessity for controlling his emotions, especially the negative ones of temper, anger, hate, fear and worry. Tell him of the physical and mental harm these emotions can create.

Summary of Chapter Eight

1. *Importance of giving your child high moral and ethical values.*
2. *Moral character is built, not inherited.*
3. *The different ages at which to best give your child subconscious suggestions.*
4. *At three years of age your child begins to respond to suggestions.*
5. *What to do when your child is defiant and stubborn.*
6. *Splendid results may be achieved when your child is five.*
7. *The crucial age in subconscious imprinting.*
8. *Your child's character is set for good or bad, by age seven.*
9. *The positive auto-suggestions your child can use for his future health and happiness.*
10. *The three steps to observe in giving auto-suggestions.*
11. *Your child's powers are considerable at eight years of age.*
12. *The regime to use for building high standards and morals.*

NINE

How to Plant Creative Genius in Your Child's Subconscious Mind

You have it within your power to plant the spark of creative genius in your child's subconscious mind.

Potentially your child's mind possesses the creative power of a genius. His brain cells have the same capacity for future development as an Edison or an Einstein or other type of genius. Psychologists assert that the average person can achieve greatness if he will only develop and use as little as ten percent more of his brain potential.

You can begin from the moment of your child's birth to plant patterns of great creativity in your child's mind. The thoughts and inspirations that motivated such geniuses as Michelangelo, Leonardo da Vinci, Columbus, Pasteur, Burbank, Shakespeare, and Lincoln can also be implanted in your child's subconscious mind and give him the mental drive that will lead him to great achievement.

How to stimulate your child's creative imagination

In order for your child to achieve a great destiny, you should start out from the very beginning to stimulate his creative imagination. The imagination is a subconscious faculty. You can begin immediately to expand your child's imagination by telling him stories, as soon as he is old enough to understand, and by letting him read books that tell of the great exploits of men throughout history which have led to great achievements.

There is a difference between vague daydreaming, and dreaming creatively. Your child should not be encouraged to sit staring vacantly out into space without any creative patterns in his mind. But he should be directed to channel his imagination into constructive, definite pictures that are constructive and progressive.

Rousseau said of the imagination: "The world of reality has its limits; the world of imagination is boundless."

Imprint these thoughts of greatness in your child's subconscious mind

Man first dreamed of a wheel when he saw a stone rolling down a hill and in his imagination saw it attached to a cart pulling heavy loads. This one great invention, which scientists call one of the greatest in the world, released man from the back-breaking labor of a beast and gave him freedom from the limitations of time and space.

From that invention of a wheel, man's imagination gloriously soared to conquest of the heavens. The first man who saw a flying bird and imagined a flying machine laid the foundation for man to invent the airplane and prepared the way for our space age.

How Edison used his creative imagination

When Edison was experimenting with a telephone, trying to send sounds through electrical pulsations, he noticed the vibrating diaphragm in the telephone receiver, and his mind began to imagine what it would be like if the human voice were recorded on some substance, and then reproduced through the medium of

a sharp needle. The phonograph, modern talking pictures, and radio and television were born in that moment.

Man's desire to duplicate the powers he found in nature led him to release the creative imagination in trying to harness those powers, and we have our great submarines, duplicating the power of fish; our electronic microscopes and telescopes, duplicating the power of a giant eye looking into timeless space; our printing presses, computers, atomic reactors, and other great modern inventions.

Teach your child to stir his imagination into new creative patterns of thought from the earliest possible age. Let him begin to study books on science, invention, exploration, and the biographies of the great geniuses of the past, so as to stimulate his creative imagination.

To be great, think great thoughts

For greatness, teach your child to think great thoughts. When your child is still very young you can capture his imagination by teaching him, or reading to him, the great thoughts and ideas that have motivated humanity. There is a kind of spiritual contagion to great thoughts, and your child's imagination will be unleashed if you share some of the greatest thoughts to be found in art, music, literature, philosophy and religion with him.

W. M. Paxton said of great thoughts and ideas: "Ideas go booming through the world louder than cannon. Thoughts are mightier than armies. Principles have achieved more than horsemen or chariots."

How to use psycho-fluorescence to stimulate your child's higher creative mind centers

Psycho-fluorescence relates to the degree of excitation that is aroused in the brain centers when they are stimulated by passing great and heroic thoughts through the convolutions of the brain.

I have coined this new psychological term to designate that strange and powerful emission of dynamic thought waves given off by geniuses throughout history when their minds were fired with new creative ideas. I found that any person can duplicate

this process of psycho-fluorescence and excite his imagination and the neuro-response centers of his conscious and subconscious mind, if he once knows the method for doing this. You can train your child from the time he is old enough to understand you in this method for stimulating his creative imagination and he will become the greatest of all his innermost potentials.

You are familiar with a fluorescent glass tube, which gives us a soft, constant light that burns longer than an electric bulb. The inside of the glass tube is lined with fluorescent powder, and when an electric discharge is maintained inside the tube, through mercury vapor, it causes an excitation of the inner coating, and produces fluorescent light.

Your child's mind is similar to this tube; it possesses within its convolutions electrical and magnetic forces which can be stimulated into creative activity by his own thought processes. Great thoughts stimulate great creative energies; mediocre thoughts produce mediocre jobs, talents and income. If you want your child to be a creative person who can command fame, fortune and happiness, you will want to teach him how to stimulate his higher brain centers through psycho-fluorescence.

Great Men of History Had This Quality of Mind Stimulation

Great men and women throughout history have possessed this ability to stimulate their brain centers with great thoughts and inspirations and produced for the world their great works. Some of the great men who had this quality were: Lincoln, Columbus, Galileo, Pasteur, Edison, Burbank, George Washington Carver, Churchill, Mahatma Gandhi, Franklin D. Roosevelt, Michelangelo, Leonardo da Vinci, Shakespeare, Milton, Keats, Mme. Curie, Carnegie, Rockefeller, Vanderbilt and J. P. Morgan.

Ten dynamic rules for stimulating your child's creative imagination

1. Teach your child from the earliest years of his life to develop his imagination. Let him see how he would change things if he could in his every-day life. Let him try new combinations and new ideas for his first childish games; furnish him with

puzzles, games and books with pictures which will stimulate his childish mind and cause him to use his imagination.

2. Build your child's mental powers, by implanting knowledge of the world in which he lives. When he asks questions about why it rains, or snows, or why the leaves change color his imagination is already at work trying to decipher the riddles of nature. Have handy a child's encyclopedia set, which will give you the right answers to his many questions.

3. Avoid stifling your child's imagination by telling him not to ask so many questions and to keep quiet. Encourage your child to have a questioning mind. This is the beginning of creative imagination and should be directed constructively.

4. Read a story to your child that fits his age group, and then let his imagination furnish you with his own ending, no matter how silly it may seem. These first efforts at using his creative imagination are important and he should be encouraged.

5. Read true-life accounts to your child about the building of such man-made wonders as the wall of China, the Panama Canal, the Empire State Building, the Parthenon of Athens, Greece, the Corinth Canal, the Taj Mahal, and the Pyramids of Egypt. You can take up one study during a single week, and let your child's imagination work on the problems involved in these great undertakings. Let him ask questions and discuss all phases of these great historic events with you.

6. Read some great quotation from the *Bible* or from a great philosopher or poet, and then ask your child to give you his interpretation of what it means. This will help him unlock powers of his imagination and stimulate the higher creative centers of his subconscious mind.

7. Sit with your child in a game which will help stimulate his imagination, and tell him to imagine he is in an airplane flying thirty thousand feet above the earth; tell him to explain how he feels and what he sees in his mind's eye. Or tell him he is on the deck of a ship sailing towards Europe, or Hawaii, and let his imagination supply the details. Or, tell him he is in the jungles of Africa and ask him to tell you what he sees and what he will do to survive. You will be amazed at the answers your child will supply, when he challenges his imagination.

8. To stir your child's imagination creatively, ask him what he would do if someone left him a million dollars. Or, ask him to tell

you how he would feel if he were the first space man to land on the moon. This game to stimulate the imagination has many varieties, and it will be up to you as to which basis you choose for your child to work on. A few that might help you are: Your child becomes the president of the United States; what laws would he pass? He has been given ten million dollars to distribute to worthy people; to whom would he choose to give the money? He can fly, like Batman, with atomic power; where would he choose to go first for a visit? He has the power to change any living thing into any desired shape; how would he change people?

9. Ask your child to tell you five things that he would like changed in his life. This will stimulate his brain centers, and cause him to fall back on his imagination. If he has nothing he would like to change, ask him where he would rather live, go to school, travel, or any other ideas that challenge his imagination.

10. Play some record, with either classical or popular music, and let your child listen to it. Then ask him to tell you what the composer was trying to express, and how it came to be written. You can do this with a poem, or story also.

Use these ten keys to achieve subconscious intensification in your child

In order to release the true creative power in your child's subconscious mind that can make him a creative genius, you must intensity the dynamic drives and urges of his super-ego. It is not enough that you stimulate his imagination, and give him great ideas to think about; you must also intensify his urge to achieve high goals and release creative gifts and talents to the outer world. Following are ten keys which can help unlock tremendous reserves of power in your child's subconscious mind through intensification of his natural urges and drives.

1. Use Your Child's Emotions to Intensify His Powers

Your child possesses a vast range of emotional power, which can be harnessed to give him drive and creative genius.

The emotion of *desire* should be early implanted in your child's subconscious mind.

There are four main drives or desires:

The desire to win recognition.
The desire to achieve a high goal.
The desire to make a fortune.
The desire to create something worthwhile.

Teach your child to constructively channelize the power of his emotions. The emotions of hope, faith, expectation, and happiness, are all creative emotions which can greatly add to his intensification of subconscious creative power.

2. Instill High Ideals in Your Child's Subconscious Mind

The philosophy of idealism is one of achieving perfection. We may never achieve perfection in this world, but you should teach your child to strive for high goals, and to perfect his talents, and his creative powers so he can achieve greater things in life.

Chesterfield said, "Aim at perfection in everything, though in most things it is unattainable; however, they who aim at it and persevere will come much nearer to it than those whose laziness and despondency makes them give it up as unattainable."

3. Plant Great and Inspiring Ideas in Your Child's Mind

You can pick from the geniuses of history the greatest ideas that have motivated and inspired mankind and let your child emulate these high principles in his own thinking. From Columbus, pick the idea of discovery; from Burbank, curiosity about nature and her laws for changing our environment; from Edison, the idea of inventiveness and discovery; from Lincoln, the high principles of truth, social justice, tolerance, brotherhood and unity, from Franklin, thrift and ambition; from Beethoven or Mozart, beauty, music and harmony; from Raphael or Tintoretto, color, line and idealized form in art; from Socrates, the idea of moderation and balance in all things.

4. Achieve Subconscious Intensification Through a Desire to Help Others

Your child's higher creative faculties can be inspired and intensified if you will plant in his subconscious mind from the time he is old enough to understand you, the desire to help others. He

should be trained to overcome the selfishness with which all children are born, and elevate his creative mind to the principle of selflessness. You can inspire him by telling him true-life stories of people like Florence Nightingale; Mme. Curie who, with her husband, discovered and isolated radium; Father Damien, who gave his life for the lepers at Molokaia. Helen Keller, who was deaf, dumb and blind, and who helped countless thousands through her creative genius; Albert Schweitzer, who set up clinics in darkest Africa to help save the lives of those who had no medical aid available to them; Jane Addams, who created Hull house for underprivileged children. These are inspiring stories from life which will intensify your child's subconscious desire to help others. Creative genius can often be released by emulating the examples set by these great men and women.

How a Father Inspired His Son to be a Great Doctor

A man I once knew had wanted to be a doctor, but he could not obtain the education he needed, so he went into the business world and made quite a success. He was determined to give his son a chance to become a doctor, if he wished to be. When his son Leroy was born, he began to shape the child's subconscious mind in the direction of being a physician. He bought the child a little doctor's kit when he was four, and he began to tell him how wonderful it would be to become a doctor and help sick people get well.

He told the growing child stories about great men like Pasteur and Schweitzer, and their accomplishments. He let the boy read the lives of great healers when he was old enough to read. By the time the boy was ready for high school he had already made up his mind that he wanted to be a doctor. His father never forced the decision to study medicine on him—he only kept up his suggestions until the boy's subconscious mind incorporated them and made them his own dynamic motivations and drives. When the boy entered college and finally went to medical school he was a brilliant student, and graduated with honors. Today he is a leading physician at the top of his profession.

Suggestions to Implant a Desire to Help Others in Your Child's Subconscious

Repeat these positive subconscious suggestions to your child as often as possible from the time he is four or five years of age.

A. You can help other people achieve happiness and success and they in turn will help you.
B. You will be given many blessings in life by helping others, for like love, every good deed you do comes back to you eventually in some form.
C. You are a channel through which God can work for the good of humanity.
D. You will find your greatest happiness and peace of mind through doing good for others.
E. Inspire people through your examples in life. Sacrifice and kind deeds are the keystones upon which humanity builds its greatest monuments to civilization.
F. You have a Divine Mission in life—to bless the world with the creative gifts that God has given you.

5. Your Child Can Achieve Subconscious Intensification Through the Creative Power of Love

When your child is very young, he should be taught the value of unselfish love. He is born with a great capacity to love, but it is soon turned inwards to self-love. Then, as his needs are gratified by the mother, it turns to the mother image as the source of gratification in love. It is only when your child is older, say at the age of three or four, that he begins to experience an emotion akin to love where he sends out thoughts to other members of the family, and later, to the world. You can mold and shape this subconscious drive in earliest infancy.

Suggestions That Will Implant the Creative Power of Love

A. You will love all people without discriminating against them because of differences in birth. Love is personal and impersonal. You can impersonally love the world, and you will become mentally stronger and spiritually more perfect.

B. The Bible tells us, "God is love." If you wish to become more perfect and Godlike, express love daily in your life.
C. Love has many facets; it can be creative love, which helps you do creative things to help the world; there is procreative love, which helps you build your family in the future; and there is love of family, love of country and love of God.
D. Let love be the creative force that inspires you to release creative power in all your future activities.
E. Emerson said of this powerful emotion: "Love, and you shall be loved, for all love is as mathematically just as the two sides of an algebraic equation."
F. Love, understanding, justice, mercy, compassion, and forgiveness are all related, and one cannot exist without the others.

6. Ego-Urge Gives Subconscious Intensification

Your child's ego-urge is a powerful tool to help him win recognition and success in life. Teach him to have a true understanding of this ego-urge, so he will not become egocentric or egotistical. Set examples for him to emulate in your daily life where you are outgoing and outgiving in your relations to others. He will soon follow your example and develop a balanced, unselfish ego, which can receive its greatest satisfactions in life through associating with other people.

Suggestions That Will Help Your Child Intensify His Ego-Urge

A. You have been given an identity by God which is different from anyone else in the world. You can build your identity in the image of that which is good, honest, truthful, generous and kind. Life recognizes only the positive virtues in a person and rewards him accordingly. Evil people may appear to prosper but they are never happy, healthy or peaceful within.
B. Build the spiritual *I am* ego rather than the boastful, vain and selfish human ego. Descartes, a French philosopher said, "I think, therefore I am." What you think determines what you are.

C. The greatest power in the world resides within your creative ego for achieving creative greatness. Channel this creative power by your desire to help the world achieve higher standards in education, peace among nations and love of humanity.
D. You can build your ego-drive by having a desire to improve your mind and develop your intellect. Have a program in which you strive constantly to perfect your personality, your manners, your voice and diction, and your conduct in relation to others.

7. Subconscious Intensification Can Be Fulfilled Through Your Child's Urge to Achieve Success

The subconscious drive within your child is aimed at one goal from the time he is born: to achieve success in everything he does in the future. As you encourage his efforts to win success in these early years, you will intensify this dynamic urge and direct it into constructive, creative channels. Be sure to praise your child when he does something well. His first efforts at talking will be awkward and may sound silly, but do not laugh at them, rather praise him for his efforts and talk to him as if he understands every word you say. When he walks at first he will fall and stumble, but praise his efforts. With a child nothing achieves such great miracles as praise and encouragement.

Subconscious Suggestions to Help Your Child Achieve Greater Success

A. You were born to win. God has given you the universe and all therein. Use your creative gifts wisely for the good of all humanity.
B. Let money be only a tool which you use for doing good. Do not make riches your goal but strive to achieve success based on mental accomplishments, social acceptance, inner peace and tranquility, good health, happiness and spiritual balance.
C. Know that you can achieve anything anyone else has achieved.

D. Never give up or admit defeat. Every failure in life should be thought of as a delayed success
E. Lincoln failed nine times in his life and succeeded only once. That one big success overbalanced all his failures.
F. When you fail in small things remind yourself you may be too big for the little things of life.

8. The Life Urge Is a Strong Subconscious Intensifier

The life urge is deeply implanted in your child's subconscious mind from the time he is born. This is the urge that leads to self-preservation, and *your child's subconscious is prejudiced in favor of health, not sickness.* If given the right opportunities, a balanced diet, sufficient rest and the right suggestions as he matures, your child will implement the life urge, with the will to live and to be healthy.

Subconscious Suggestions to Use to Intensify Your Child's Life Urge

A. Your subconscious mind can keep you healthy, strong and vital. Keep telling yourself that you are healthy, that you feel great, and that your body is strong and filled with the life force.
B. Strive to keep yourself balanced; work balances play; rest and relaxation balance work; mental and emotional interests should balance physical activity. Each day exercise your body, breath deeply of the fresh air your lungs require, and eat foods that you like and which agree with you.
C. Have a purpose for which you live, as this will give your mind motivation and will increase the life urge.
D. Let your master motive be a bigger one than just making money or achieving success in your work. Have a desire to do something great to help the world and to improve the lot of humanity.
E. Keep your mind occupied and do not dwell too much on your body and its symptoms. Your subconscious mind knows how to keep your body healthy and will give you healing if and when you need it.

F. Have a desire to live to be a hundred, so your subconscious mind will be given an impetus to give you more life force.

9. Social Urge as a Subconscious Intensifier

The social urge is implanted in your child's subconscious mind as an instinct; he wants to be friendly, to win friends, and to have companionship as he matures. This social urge paves the way to pleasant and happy relations with the world as your child grows up.

Subconscious Preparation Prepared This Girl for Prominent Social Position

A woman who learned of this subconscious training for children through my lectures at Carnegie Hall some years ago had a baby girl who was immediately given this type of subconscious motivation. Her mother enrolled the little girl in a dancing class when she was five years of age; she taught her manners and social graces; she implanted the subconscious idea that her daughter would grow into a gifted and gracious social hostess, who would achieve outstanding success in her future life.

When the girl matured and went out to get a job as a secretary, her mother urged her to go to Washington, D.C., and implanted the subconscious suggestion that she would meet influential people and marry a man who was outstanding and high in government circles. This girl followed the promptings of her subconscious, got a good job as a secretary to a senator. In her social life in political circles she met many famous people. One man who was a big executive in a government agency met her, and later they had a big social wedding. Now this girl has taken her place in Washington society as a graceful, social hostess and lives in a luxurious background.

If this girl's mother had not set the stage for her daughter's subconscious mind, by giving her suggestions as to the social life she was to have, it is doubtful if she would so readily have found her right place in life.

10. The Spiritual Urge as a Subconscious Intensifier

Deeply planted in every human psyche is a desire to find God and to love Him. This is one of the great motivating forces back of life, and you can use this power to help your child shape his

creative energies in the direction of doing good for humanity. He should be taught early in his life that there is a God, depending of course, on your own religious beliefs and practices, and that he must have faith in this Divine power to shape and direct his entire life in paths of health, happiness, peace and security. A child who is given this type of spiritual guidance will have a subconscious motivation that will extend beyond the monetary rewards and material goals of this world, and his subconscious mind will be instilled with the desire to create for the good of the world.

Summary of Chapter Nine

1. *Your child is a potential genius.*
2. *How to build creative patterns in your child's mind.*
3. *Your child's imagination should be stimulated.*
4. *How to imprint great thoughts in your child's mind.*
5. *Principle of psycho-fluorescence to stimulate brain centers.*
6. *How great men of history used this principle.*
7. *The ten dynamic rules to use for stimulating your child's creative imagination.*
8. *Avoid negative flights of imagination.*
9. *Subconscious intensification for greater powers.*
10. *The four main drives for greater creativity.*
11. *How to implant inspiring ideas in your child's mind.*
12. *Implement the desire to help others.*
13. *How a son became a great doctor.*
14. *Suggestions to implant a desire to help others.*
15. *Creative power of love and how to implant positive suggestions using this creative force.*
16. *How to implement the ego-urge within your child's mind.*
17. *Suggestions to intensify your child's urge to succeed.*
18. *Intensifying the life urge in your child.*
19. *Social urge can pave the way to fulfillment.*
20. *How the spiritual urge helps elevate your child's mind.*

TEN

How to Help Your Child Gain Friends and Social Acceptance

Everything that comes to your child in the future *will be through other people.* Man is a social being and lives with other members of the human race. If he is taught from the time he is born to take his place in the world with due grace, and win friends and social acceptance, your child will be spared much suffering, heartache and loneliness. People who do not know how to get along with others seldom achieve happiness and the complete fulfillment that can give riches and satisfaction to life.

Social traits you should imprint in the child's mind

What traits should you imprint in your child's subconscious mind to make him likable and friendly? If you instill in his mind negative, fearful, anti-social and hostile thoughts, your child will pattern his entire life after these negative qualities.

You can mold your child's social nature from the time he is born and instill qualities in his subconscious mind that make him magnetic, charming and lovable. A mother has the power to

make of her child anything she chooses. It is vital, therefore, that you understand fully the problems involved in shaping a happy, balanced, and integrated personality in your child, so he can meet the world without fear, and attract to himself a wide circle of friends who will enrich his life and bring him much happiness.

How Mother Blighted Daughter's Social Life

Martha R came for my counselling when she was in her late twenties. She was bitter and unhappy and unfolded a story of childhood misery which was due to her mother's wrong conception of upbringing. The little girl was an only child and her mother was highly nervous, and constantly told the child to shut up and to stop her aimless prattling. At mealtimes, when her father came home, the girl would start to tell her day's happenings, and her mother would say, "Keep quiet, Martha, your daddy's tired and wants to eat his dinner in peace."

When Martha started to high school there were school parties and dances that she wanted to go to, but her mother told her she was awkward and ungainly, and would make a fool of herself if she tried to dance. Besides, she told her, dancing was immoral and sinful. Martha withdrew behind a wall of indifference, and her life was lived for the day when she could grow up and leave home. She grew to hate her mother, and never showed any signs of affection or love for either parent. This family discouraged any signs of affection as being weakness and sentimental trash.

Because of this early subconscious negative training Martha had many inhibitions and complexes which made her feel lonely and unwanted. It took weeks of re-training her subconscious mind to bring about a change in her mental and emotional attitudes. The scars left on Martha's subconscious mind by her mother's wrong training may never be fully erased, but she can at least function more gracefully in society as a human being in the future.

Imprint consideration for other people in your child's subconscious mind

You can begin when your child is as young as two years of age to teach him to be considerate of other people. When your child makes unreasonable demands, you will have to be firm in your

refusal to yield to him. If there are other children in the family, teach him to share his toys with them. When he goes into a tantrum to get something that he should not have, you will have to be firm and resist your desire to give in to him. If you once give in, your child will know that he can get his own way by screaming and throwing a tantrum, and you are planting the subconscious seed for a future inconsiderate, selfish and unfriendly adult. The world is not going to give in to your mature child, they will say "No" often and loudly, and he will become frustrated, angry and anti-social.

How "Giving-in" Developed Anti-social Traits in a Child

Harry G was an anti-social child. He had been brought up in a middle-class home where he was the youngest child. He demanded and got everything he wished when he was young. If his mother didn't give in to him, he threw a tantrum, held his breath until he turned blue and frightened his mother so that she gave in to him. The father took little interest in his home and children, as he was away on business all day, and gave little time or thought to his children. When little Harry entered school, he constantly fought with other children, demanding their toys, during his kindergarten stage, refusing to play games that required co-operation, hitting the teachers when they would not let him do what he wanted to, and in other ways showing anti-social, hostile and aggressive action. The teachers called this fact to the attention of the parents, but Mrs. G threw up her hands helplessly and responded, "Little Harry was always like that. He's a strong-willed, determined boy who knows what he wants, and he is going to get it or make everyone around him miserable."

When Harry G became an adult he carried these traits into aggressive, hostile action against the world. People did not like him because he was overly aggressive, selfish and demanding. Obviously, people were not attracted to him, and when Harry married, and brought these same traits of character into his marriage, his wife did not long stand his selfishness and domination, and left him. Harry had three marriages before he sought my help, and told me the long, tragic story of his early childhood and early manhood. I could not change the habit pattern of years, and the subconscious damage done by his mother in giving in to his every demand might remain for the remainder of his life. But,

I could and did call to Harry's attention the fact that he must begin to change his consciousness toward others if he wished to change his destiny. The rest was up to him.

The regime for imprinting friendly thoughts and actions in your child's subconscious

1. Start your child's social life very early, at least by the time he is two years old. If he has brothers and sisters, you can begin to teach him to share his toys with them, to play games that include them, and to be considerate of them and their needs. He may not understand the meaning of unselfishness, but when he refuses to share a toy, you can take it from his hands and put it into the hands of another child, at the same time engaging the child's attention by giving him another toy to play with.

2. You can create in your child's personality the desirable quality of *kindness and gentility*, by showing him that he pleases you when he acts in a kind and gentle manner. When he reacts in a kindly way, praise him, give him some little reward, and make a little fuss over him, even in public, for his little courtesies, his sacrifices, his considerate actions to you or other members of the family.

3. Your child should be shown that selfishness is an unattractive trait in the personality and as soon as he understands your words, he should be told that he should be considerate of others. You can give him direct subconscious suggestions in words, or you can set examples in your own actions towards others in your home.

4. Invite little friends in to your home often, when your child has reached the age of three and four, or begins to want to expand his social contacts at an early age. It is natural for him to want to play with other children; if there are no brothers or sisters, this is a very vital part of his social development. An only child, when isolated from other contemporaries, is apt to become self-centered, inconsiderate, and egotistical. A child needs the companionship of other children in his age bracket to give him balance and the give and take which a growing, and evolving personality requires for balance.

5. When your child plays with others, keep an eye on him. *If he develops tendencies to hostility and aggressive action, he should be properly disciplined* for infractions of social or moral rules. He should be told firmly once or twice that he must not hit or bite, or scratch another child, and then if he does it again, he should be forcibly removed from the other children and put into his room, where he remains in seclusion for half an hour or so.

6. As your child goes to school and builds friendships with others, he should be taught games *that lead to social action with* his school mates. He should be given puzzles, cards, games like Monopoly and Parchesi, and other games that bring out active participation.

7. Your child should learn the *social graces and manners,* such as courtesy, opening a door for a lady, holding a chair for an elderly person; he should be given dancing lessons at nine or ten years of age even though he may not show any interest in girls. The ability to dance well will mean a great deal to him when he matures and goes to parties and has his first date. Those years come rapidly, so you must prepare him for this social action that will give your child popularity, charm, and the manners of a gentleman.

8. Your child should be taught at an early age to be kind and considerate to others who may have shortcomings, physical handicaps or misfortunes. Nothing is more cruel than undisciplined children who poke fun at other children who are unfortunate enough to be crippled, blind, or maimed.

9. Your child's subconscious mind should be early impressed with the *importance of the value of conversation.* As his ability to make friends will depend to a great extent on his conversational ability, it is wise to begin this type of training as soon as your child can speak. He will be awkward at first, and mispronounce many words, but do not laugh at him and make him feel ashamed, embarrassed, or inferior.

10. Teach your child to *read aloud* at a very early age, and show him how to enunciate his words, to put emotion into his voice, and to give meaning to the words. Praise him when he reads well, and then encourage him to make up little stories of his own, to which you should listen with great interest. You can also give your children a subject and let them develop it in their own

ways, praising them for their efforts, no matter how inadequate they may be in these early, halting attempts at building conversational habits.

11. To build your child's personality, to make him more magnetic and able to project to others, encourage your child in pre-high school years to join school plays, drama clubs, and to participate in civic pageants, and school shows. This type of early training helps your child become adaptable and work harmoniously with others; it teaches him to project his personality, to use his voice, to attain graceful action in his movements, and innumerable other benefits that will help him build a friendly, positive, dynamic personality.

Do not force the timid, shy child who may be an introvert into becoming an extrovert, but if you can implant in his subconscious mind the suggestions at an early age of the ambivert, who is neither an extrovert or an introvert, but has desirable qualities of both types of personality, you will find that your child will be well-adjusted, friendly, well-liked and socially popular.

The twenty golden rules to build your child's personality into a likable, efficient and balanced one

1. Imprint on your child's subconscious mind the desire to be friendly, well-liked and highly thought of by others. Teach him that qualities of confidence, poise, self-reliance, respect, honor, dignity, punctuality, happiness and optimism, are desirable ones and show him how he can imprint these positive forces in his subconscious mind and they will reflect in his outer personality.

2. Imprint on your child's subconscious mind a desire to succeed and achieve a high goal. Let him know that people can help him attain his goal and that he must win their friendship, respect and assistance by doing things that make them his freinds.

3. Train his mind to rise above periods of moods and depressions by teaching him to keep busy, and to always look on the bright side of life.

4. Tell him to have faith and confidence in himself, and to always act as though he owns the world. This attitude of self-confidence will build his ego-value and cause others to respect him.

5. Teach him to be fair and honest in his dealings with others, and to build a reputation among his friends for personal integrity and honor.

6. Build your child's imaginative power, for this gives to his personality a scintillating, exciting quality that others admire.

7. Show him how to erase the ugly traits that generally make a person unmagnetic and unattractive; criticism, discouragement, selfishness, and hatred.

8. A bad temper, and a sharp tongue, and irritability drives people away; teach your child early in life to control temper, irritability and a cutting tongue.

9. Imprint on his subconscious mind early in life a generous spirit, one of sharing his good with others, and helping those who are his friends.

10. Imprint the Golden Rule on his mind early in life—Do unto others as you would have others do unto you.

11. Teach him early in life that if he wants to receive friendship, respect and affection from others, he must first give these qualities to the world. Emerson said: "To have a friend, be a friend."

12. The highest moral, ethical, social and spiritual standards will help your child attract those who are attuned to the same qualities. Fair play, justice, mercy, compassion, tenderness, beauty and goodness, should be the standards he instills in his mind.

13. The world does not owe your child a living; teach him that he must earn that which he receives, and he will never impose on future friends or expect them to carry his burdens of life.

14. Teach your child self-reliance, so he can stand on his own two feet and not expect people to do everything for him.

15. Tell your child never to put his dark clouds in other people's bright skies. The world doesn't enjoy people who are always crying problems, borrowing money, or trying to throw their problems off on them. Make your child strong enough to bear his own problems.

16. Set the example for your child to emulate of always being punctual and respecting the time of other people. A person who steals your time is as dishonest as if he stole your possessions, for time is golden and the true essence of life. When he makes an

appointment he should make an effort to show up on time, or if he cannot keep it, he owes the person the courtesy of an explanation.

17. Teach your child to be neat, clean and orderly about his person. It has been said: "What you are speaks so loudly that I cannot hear what you say."

18. Impress upon your child's subconscious the vital importance of a smile in winning and holding friends. The Chinese say, "Man who cannot smile, must not open shop." A scowl and a frown truly reflect the inner state of mind that a person has; whereas a smile shows a genial, optimistic and cheerful person who makes friends easily.

19. Show your child by your own early examples how to be a loving person. Love is magnetic; hate is unmagnetic. He will attract friends more easily if he shows a loving nature to the world.

20. Teach your child not to be a worry-bird, for it shatters his personality and drives people away. Instead of worrying, let him spend that energy on thinking positively of a solution to his problems.

Positive suggestions to help your child build a social consciousness

Use the following positive suggestions from the time your child is five years of age, to imprint on your child's subconscious mind the desirability of building friends and achieving a happy, balanced social life.

These suggestions can be repeated many times in the way they are written, or you may make up your own suggestions, embodying the same principles given here.

1. You will like people and people will like you.

2. You will never be boastful or egotistical with other people but you will be modest, well-mannered and considerate.

3. Emerson said, "To have a friend, be a friend." You will only win friends by showing a friendly attitude toward others.

4. A smile is more powerful in winning friends than any other expression. A frown discourages people from being friendly.

5. Have a positive, happy personality and you will be magnetic and charming and easily win friends.

6. Avoid being dominating and overly aggressive if you want to make people like you.

7. Show an interest in other people, talk about them and their interests and you will hold their friendship.

8. Avoid showing moods of depression, anger, hatred or envy, before other people, for these negative forces drive friends away from you.

9. Be sympathetic, kind and understanding of others and you will win their friendship.

Summary of Chapter Ten

1. *Your child is a social being who needs acceptance.*
2. *How a mother unwittingly blighted her daughter's life.*
3. *Selfishness is a great barrier to friendship.*
4. *Train your child to be considerate of others.*
5. *How to detect anti-social traits in your child.*
6. *Regime to imprint friendly thoughts in child.*
7. *How to build the winning personality.*
8. *Social contacts should be built early.*
9. *How to avoid development of hostility and aggression in your child.*
10. *How to develop conversational skill in your child.*
11. *Reading aloud as aid to personality development.*
12. *How to tell if your child is an extrovert, introvert, or ambivert.*
13. *The twenty golden rules that can build your child's personality and make him likable and friendly.*
14. *Positive suggestions to help your child build a social consciousness.*

ELEVEN

How to Control Your Child's Destiny Through Psychic Programming

There are many things that you can do to help control your child's destiny. Life should not be a hit-and-miss affair, in which your child is left to the vagaries of fortune. You can exert an influence over his subconscious mind through the psychological principle which I have named Psychic Programming. You can give your child self-confidence, a sense of inner and outer poise, and the power to mold and shape a happy, healthy and prosperous destiny.

By applying this principle of Psychic Programming to train your child's subconscious mind, you will be able to exert an influence over him that will survive throughout his lifetime.

The word psychic, as used here, derives from the Greek word *psyche*, which means the soul, or the mind, especially as an organic system adjusting the total human organism to the environment. The word programming derives from the modern computer systems, which are fed statistical data and come up

with involved and complicated combinations of facts which would take weeks or months to figure out.

Everybody is conditioned by emotional responses

Everybody in our modern society is culturally conditioned to a set of emotional responses that are developed, or programmed, by our culture, our educational system, our religions, our political and economic philosophies, and by our news media—newspapers, magazines, educational books, radio and television.

Set your child's destiny by psychic programming

You have it within your power to set your child's future destiny through this psychological principle of psychic programming. You can instill in your child's subconscious mind all kinds of mental and emotional and physical patterns, which will be set into motion the moment he receives the mental or physical stimuli which trigger this psychic mechanism and set it into motion.

You can program in your child's subconscious mind the qualities of confidence, inner and outer poise, power to alter his life and future destiny . . . you can make him lovable and friendly, you can cause his mind to respond to stimuli for success patterns in his social and business life—you can even radically affect his health, and psychically program in his subconscious mind patterns of vibrant good health, youth and vitality that will last throughout his lifetime.

Destiny and psychic programming

The Koran says: "That which God writes on thy forehead, thou wilt come to it."

This spiritual principle relating to God may be aptly applied to the same psychological principle when it is applied to the parents . . . who are God's instruments and have the power to shape their children's future destinies.

Literally, what you instill in your child's subconscious mind becomes the guiding force that creates his character, his morals,

his talents, his conduct, and ultimately, his entire destiny. You have tremendous power to psychically program your child's future in any image or shape that you choose. Let us now learn the psychological laws under which this principle works.

Two levels of psychic programming

1. The verbal level
2. The emotional level

The verbal level pertains to the training you give your child's subconscious mind through words you use. The words are either of a positive conditioning force or a negative force.

The emotional level pertains to exposing your child to various life experiences without any verbal explanation, but letting him react emotionally to each experience, forming his own judgments and conclusions.

Your child is silently receptive to all kinds of external stimuli which reach him on the emotional level of subconscious mentation. Every time he sees a movie or television program, he is being psychically programmed, and his emotional pattern is being effected by what he sees and hears.

Two tragic examples of destructive psychic programming

Example: A thirteen-year-old boy had watched countless cowboy movies where he had seen violence. In one scene a man was hanged. It imprinted itself on the child's subconscious mind. He stood on a chair, fastened a piece of rope to a pole in a clothes closet, put the noose around his neck; the chair was accidentally kicked away, and the child strangled to death.

Another incident of this type of negative psychic programming was that of a fourteen-year-old boy who had been to a movie and saw a man violently attack someone and kill him with a knife. The boy kept reacting emotionally to this scene. Weeks later, his grandmother was sitting in the kitchen peeling potatoes; the boy, for no accountable reason, grasped a butcher knife lying on the table and stabbed his grandmother to death. Later he told authorities he did not know why he had done it. He loved his grandmother!

How to use psychic programming to give your child confidence, poise and power

1. From the time your child is born, you can use psychic programming on the emotional level to shape and mold your child's subconscious mind. He cannot understand your words, but he can feel your emotions. Keep your emotions cheerful, happy and loving. Lavish him with love, and he will emotionally absorb this great emotion in every cell of his brain and body. Let your words, even at that early age, be positive, soft and gentle and avoid harsh or loud and boisterous language in your child's presence.

Choose Pleasant Experiences for your Child

2. In the first two years of your child's life, be sure that you present his subconscious mind only with experiences that are pleasant and emotionally charged with peace, quiet, and love. His subconscious is building its emotional programming by observing and reacting to his environment. Avoid letting people handle him too much; do not react with alarm or fear around him; conceal troublesome situations or worries and anxieties. He is too young to reason out your fears and worries, but he reflects them subconsciously. If you get him past the age of two without any psychic shocks or traumatic experiences, he will be better able to resist these negative forces in the future.

How to Build Your Child's Self-confidence

3. Begin immediately to build your child's confidence in himself. Let him sit up, as soon as he is strong enough to; let him hold his own feeding bottle, as soon as he is able to do so; let him come to the table in his high chair and join the family at mealtime, as soon as he is able to sit up comfortably; even though he cannot yet feed himself, he will gain an emotional balance from sitting there and being fed when others eat. Mealtime is a very important emotional experience for a growing child and you can instill many of his most positive mental qualities at the table. Many people let their children sit at the table as early as eighteen months of age.

AVOID NEGATIVE PSYCHIC PROGRAMMING

4. Remember that your child's psychic programming with words, on the verbal level, begins in those early months when his subconscious is drinking in the sounds of words, and associating them with various emotions. The labels which you attach to various things will condition his mind either positively or negatively. Avoid using unpleasant terms to designate objects in the home.

We shall now study the fifty-three most dynamic and forceful words in the English language which you can use for your child's psychic programming. These words will become the emotional keys that trigger your child's subconscious mind and involve the sympathetic nervous system with the automatic mechanism that will cause your child to act out the suggestions that you implant in his mind.

5. Through this process of psychic programming, implant the following list of words in your child's subconscious mind. Start when he is very young and when he is old enough to understand you, explain the meanings of these words and let him incorporate them in his mind. You can do this by writing down each word on a filing card. Let your child memorize the positive statements given below. When he hears, reads, writes or says any of these words that are in the psychic programming of his mind, it will set up a chain reaction which will trigger only pleasant memories and associations.

List of positive words to use for psychic programming

1. LIFE: I am a living, thinking, acting human being and the life force flows through me, giving me health, youth, energy and power.
2. BEAUTY: Life is beautiful. "A thing of beauty is a joy forever." I am a spiritually perfect and beautiful being, created in the image and likeness of God.
3. GOOD: God is good. I am a reflection of God and therefore I can only be good and do good. My good comes to me from many channels in life.

4. PLEASANT: I reflect a pleasant personality and good cheer in my relations to others. People are stimulated to reflect this quality towards me.
5. HAPPY: I think happy thoughts and I am now happy and radiate happiness to every person I meet.
6. LOVE: I was created in love and I have only love in my mind and heart for every human being in the world. I love God more than anything else.
7. COURTESY: I am courteous and considerate of everyone I meet. I like people and people like me.
8. SHARING: I know that it is more blessed to give than to receive. I give generously of my time, my smiles, my kindness and I am in turn blessed and enriched.
9. PERFECTION: I strive to achieve perfection in everything I do in my life. I perfect my personality, my manners, my morals and strive to achieve a high degree of excellence in all things.
10. SUCCESS: I am successful in everything I attempt. I am a creative being and give my creative efforts unselfishly to bless the whole world.
11. MONEY: Money is a symbol of value given. I can and will attract sufficient money to meet all my needs and I expect to give something of value to the world in return.
12. PEACE: I live in peace and my life is blessed with peace.
13. POWER: I am the center of power and my mind and body draw on universal power to meet all my needs.
14. POISE: I possess inner and outer poise. I am in a center of calmness and nothing from the outer world disturbs my inner poise and calm.
15. HEALTH: I am healthy, vital, and strong. I maintain a balance in all things and practice moderation in what I eat, drink and in exercising my body, and getting sufficient rest.
16. FRIENDS: I attract friends by being friendly. I share my good with my friends and maintain a friendly attitude towards everyone I meet.
17. GOOD LUCK: I create my own good luck through the law of action and reaction, cause and effect. As I think luck, good fortune comes to me.
18. TRUTH: I live under the law of truth. Ye shall know the truth and the truth shall make you free.

19. RICHES: I am already rich and abundantly blessed with health, friends, love and happiness. I attract material riches and abundance to meet all my needs.
20. FAITH: I have faith in myself, my future destiny, my country and in God, who created me.
21. HOME: My home is a center of peace, love and beauty. I shall always maintain it in harmony, order and beauty.
22. GLORIOUS: Life is a glorious experience to be lived fully and richly, seeing only the good and the beautiful around me.
23. CHILDREN: Children are created in love and bless a union with happiness and love.
24. WORK: I shall do my life work with the feeling that I am doing good for the world. My creative efforts shall always be directed in channels that are dignified, noble and high.
25. MARRIAGE: Marriage is a divine institution which man enters unselfishly in the atmosphere of love, sacrifice and consideration. It is the blending of two souls for the divine purpose of procreation and mutual happiness.
26. IDEALS: I shall always try to hold high ideals and strive for perfection in everything I say and do.
27. PEOPLE: I shall always treat other people with respect and dignity and expect the same treatment from them.
28. ABUNDANCE: I recognize the law of abundance in the universe and see riches and plenty all around me to be utilized constructively by mankind.
29. RIGHT: There is a law of right in the universe, and this shall be the mental cause from which will stem all my future effects.
30. GOD: I have faith in a God who had intelligence enough to create such a mysterious and complex universe, and I know that this Divine Intelligence can guide me to future glory.
31. JUSTICE: I shall live my life according to the principle of divine justice in my relationships with others. Justice is the cornerstone upon which civilization builds security for the future.
32. LIBERTY: Man was born free and will remain free only as long as he reveres the ideal of liberty and justice for all.
33. TOLERANCE: I shall be tolerant of all people, realizing that they are all God's creatures and deserving of consideration and kindness.

34. PROSPERITY: Prosperity is a universal reality, as God has created abundance for all. It is only through greed, selfishness, and war that man destroys the abundance in nature.
35. REWARDS: I shall receive from life the rewards that are commensurate with the effort I expend. I give kindness and love and I am rewarded by friendship. I give creative effort and my life blossoms with beauty, health, happiness and prosperity.
36. DUTY: I fulfill my duties and obligations to my family and my country, realizing that each man has a duty to perform in life.
37. SELF-CONTROL: I exercise self-control and master my mind, my emotions and my action, thus affecting and controlling my destiny.
38. SELF-CONFIDENCE: I have confidence in myself and in my destiny. I work to build qualities of my mind that are valuable and important to the world.
39. RESPONSIBILITY: I recognize that I have a responsibility to my family, my country and myself. I assume my responsibilities willingly and discharge them with good grace.
40. KINDNESS: I reflect kindness and consideration to every person I meet, regardless of his position in life.
41. EDUCATION: I shall constantly strive to educate myself and evolve my mind so that it embraces all forms of knowledge. Knowledge is power and I shall expand my mind throughout my life.
42. PRIDE: I shall have pride in my accomplishments and strive to achieve perfection in everything I do.
43. PROGRESS: I realize that under the law of evolution everything is progressing to higher and more perfect forms of creation. My own life progresses as I maintain an expanded consciousness.
44. PLEASURE: I shall enjoy all the good things of life and share my pleasures with my friends.
45. NATURE: Nature is an expression of God's creative power in action. I shall live by the laws of nature and never violate these universal laws of truth, goodness, love and honesty.
46. INTELLIGENCE: The universe reflects intelligence in every atom and cell. As I am a part of the universe I am a center of creative intelligence and my life flowers with creativity.

47. HOPE: I live under a code of honor in which I strive to do that which is right, knowing that all other consequences that stem from my actions must also reflect right.
48. BRILLIANCE: The light of brilliance shines within my mind and sheds its illumination in all the dark places of the world, bringing peace, happiness and radiance for all people.
49. MODERATION: I shall always strive to balance all things in my life by applying moderation in my personal habits.
50. IMAGINATION: Imagination is God's workshop and all great creative ideas spring from this spiritual domain.
51. HONESTY: I live under the law of honesty in my relations with others, knowing that honesty is the best policy; my life blossoms with every good and prosperous thing.
52. HONOR: Honor and integrity are the keys which open doors to achievement and assure a great and perfect destiny.
53. UNITY: Unity is the universal panacea that can heal the world of war and turmoil and unite the nations in a great brotherhood of peace, prosperity and joy.

Avoid words that have a negative charge

The following list of words carry a negative emotional charge that is destructive. You can carefully avoid these and similar words in giving suggestions to your child's subconscious mind. When he is old enough to reason for himself, there is no harm in having him hear these words, for they will be used all around him in his daily life. However, if you have psychically programmed the positive emotional charges in his subconscious mind the negative words will not affect him drastically.

1. FAILURE
2. SICKNESS
3. FEAR
4. HATRED
5. WAR
6. POVERTY
7. MISERY
8. DISHONEST
9. VICIOUS
10. ENEMY
11. MURDER
12. RAPE
13. CRIME
14. ALCOHOLIC
15. PRISON
16. TREASON
17. UGLY
18. COWARD
19. COMMUNIST
20. DOPE ADDICT
21. PAINFUL
22. BETRAYAL
23. HOPELESS
24. STARVATION
25. REBELLIOUS
26. DEPRESSION
27. MORBIDITY
28. ANXIETY
29. BLOODSHED
30. DEATH

This list is not by any means complete, but it will indicate the nature of negative programming which should be avoided while your child is in the early years between one and six.

Select what Your Child Reads and Sees

6. You can begin psychic programming for your child's future destiny at a very early age, by selecting the visual forms of entertainment he will see. Remember, his subconscious mind is imprinted by what he sees, reads, hears, and tells himself. You can exert a profound influence on your child's early psychic programming by exposing him ONLY to the forms of entertaining and reading matter that you select for him. The movies and television programs your child sees do influence his sensitive subconscious mind. Let these be in the nature of Walt Disney cartoons and other programs especially created for children until he is five years of age or more, when he is able to understand that the things he sees are not the world of reality, but only make-believe.

How Early Impressions Shaped a Girl's Future Destiny

An interesting example of how this type of psychic programming works to instill values in a child's mind was that of a girl named Claire Bloom, who was taken by her mother at the age of five to see her first stage production. It was that of Romeo and Juliet. The child's mind was so impressed by the beauty of the play that it had a deep, emotional impact on her subconscious mind. Her mother helped further this psychic programming by exposing the child to cultural and classical entertainment that subtly shaped her mind in the direction of the theater.

When the little girl was seven she read *Romeo and Juliet,* and began to memorize the immortal lines, until she knew the play by heart. Then, in her psychic programming she put the desire to be one of the greatest Juliets the stage had ever known. A few years later, I saw her performance of Juliet in New York City, and it was acclaimed by critics and the public as one of the greatest performances of all time of that role. Psychic programming was the

principle used by this charming and intelligent actress to create her future destiny.

How to Keep Your Child's Mind Idealistic and Pure

7. As your child matures, keep the psychic programming with which you condition his subconscious mind idealistic, high and pure. This requires study and work on your part, so that you can keep abreast of the times and winnow the wheat from the chaff of daily reading, entertainment, and social contacts. But if you are vigilant, as your child reaches the age of ten or eleven, he will already be so conditioned that he will respond favorably to the positive stimuli that he is exposed to in his future, and he will fail to respond to the negative forces which have no emotional corollary in his subconscious psychic programming.

The Two Opposing Forces in Life

8. When your child has been exposed to some particularly ugly and malformed condition in society, or through the medium of entertainment, imprint upon his mind instantly the fact that this is an unnatural and undesirable condition, that life has two opposing forces always—hate and love; dark and light; beauty and ugliness; good and evil—and that light cancels out darkness; so too, his higher ideals and sense of beauty must constantly erase the forces of evil, ugliness, hate and darkness that exist in the universe. In this way your child will know that these manifestations of negativity are a part of life, as dark and light are related, but that they must not be allowed to be the motivating forces of his psyche.

Summary of Chapter Eleven

1. *How psychic programming can help shape your child's destiny.*
2. *Confidence, poise and power through psychic programming.*
3. *The emotional level for reaching a child's subconscious.*
4. *The verbal level for psychic programming.*
5. *How to avoid negative conditioning of your child's mind; effect of television and movies.*
6. *Create cheerful, happy and loving emotions in your child's subconscious mind.*

7. *Avoid negative labels that imprint your child's mind.*
8. *How word association tests work.*
9. *List of fifty-three positive words to use for psychic programming of your child's subconscious mind.*
10. *Avoid words that carry a negative charge to your child's mind.*
11. *How to choose suitable movies and TV programs.*

TWELVE

How to Help Your Child Choose His Right Career

You have it within your power to help your child choose his right career for success and wealth. You can furnish him with the subconscious motivation and the energy-drive which can make him an outstanding success in any field he selects. However, you should not force your child into a career that is distasteful to him, but successfully guide him to the selection of his own life work.

Your child's efforts to achieve his life goal will be determined by the intensity of his desires. You can help him shape those desires in certain directions. When he is young his goals will be simple; to learn to walk, talk, read and write; to succeed in his school work and to win friends who admire and accept him.

As your child grows up his goals and his needs change. It is in these early stages that you must plant the subconscious pattern which your child can follow into maturity and success.

What is success?

It is important that you, as a parent, know what success for your child really is, otherwise you cannot shape your child's subconscious mind in the correct patterns for dynamic action in his future.

Success does not mean merely the finding of your child's right work or profession; it entails more, much more. It does not mean becoming a millionaire, for some millionaires have been so miserable that they have committed suicide! There are seven basic ingredients to any successful life, and these must be instilled in your child's subconscious mind from his earliest goal-strivings, so that he will be certain to incorporate them in his subconscious patterns for success.

The seven basic ingredients for success

1. *Right work or profession, including corresponding financial rewards*
2. *Health and vitality*
3. *Social recognition or acceptance*
4. *Development of a balanced ego*
5. *Emotional fulfillment, including love and marriage happiness*
6. *Avocations or hobbies, to relieve monotony of work*
7. *Spiritual balance or faith in God*

You can begin to instill patterns of success in your child's subconscious mind from the time he learns to walk or crawl. Encourage his every early effort to walk, or talk or feed himself. Never belittle him or make him feel he is failing, for a child is extremely sensitive to criticism in the early, formative years of his life. He blossoms under the impetus of praise and encouragement.

Set daily goals for your child to achieve

Make it a practice as your child matures, to set daily goals for him to achieve. Let him read a book that interests him for half an hour; let him perform some task for you, which you let him know

gives you pleasure; give him a cut-out puzzle to finish by a certain time, and then encourage his efforts to complete it. If his interest wanes and he does not finish, do not scold but make it easier or more interesting next time. Let him set a goal for saving money, by wanting something, and saving for it. When he achieves the goal, encourage him and praise him for his perseverance and patience. Your child learns to aim at higher and higher goals, under your subconscious prodding, until his mind is conditioned to believe that he can achieve any goal that he sets for himself.

There is a psychological principle, which you should teach your child at an early age. It states: What man can conceive, he may achieve.

Man conceived flying like a bird

Tell your child at an early age of man's belief that he could fly like a bird. When man conceived this audacious feat, it was thought impossible for him to ever accomplish it. Then a great artist named Leonardo da Vinci built a plane with wings, but no motor. It was really a big glider, and it actually flew a few feet, but was destroyed as a tool of the devil. Man did not fly in that generation, but Leonardo da Vinci wrote under the model for that first plane these prophetic words: *"Man shall grow wings."*

Tell your child that it is through the wings of the mind, imagination, faith, hope, expectation, that he is able to achieve the daring things he conceives in his mind.

Teach your child that miracles are possible

Imprint on your child's subconscious mind early in his life that miracles are possible. He can achieve anything, within reason, that he conceives and believes to be so.

A great man has said of success: "The man who succeeds above his fellows is the one who, early in life, clearly discerns his object, and towards that object habitually directs his power. Even genius itself is but fine observation strengthened by fixity of purpose. Every man who observes vigilantly and resolves steadfastly grows unconsciously into genius."

Let your child read of some of the great miracles accomplished by modern man, to implement his subconscious faith in himself and his ability to achieve success in anything he chooses as his life work.

Some of these great inventions that your child should read about are: the printing press, the automobile, the electric light, the airplane, the typewriter, the submarine, the cotton gin, the telephone, radio, television, motion pictures, refrigerators, air-conditioning, splitting of the atom, space travel, computers, and the modern miracles being performed in medicine and surgery, as well as the great discoveries of scientists, explorers and other famous people in various fields.

Plant success thoughts early in life

If you want your child to succeed in his future life, you must plant success thoughts early in his subconscious mind. You can mold and shape his future destiny by building these success images from the time he is four or five years of age.

How a Mother Influenced Her Daughter to Become a Great Ballerina

One mother wanted her daughter to become a ballerina. She had been disappointed early in her life because she had interrupted her studies to become a dancer to marry. When her daughter was born she was determined her daughter would be successful as a ballerina. When this woman came to me for a consultation on this problem, I told her that she should not force her daughter into the life of a ballerina, unless her daughter chose that career for herself.

"But how can my daughter know?" the mother exclaimed. "She's too young to make a choice. Her training must be started early and she's not qualified to know the rewards and the labors of that profession. What should I do?"

I then told her, "Start now to expose your daughter to music, rhythm and various forms of dancing. Let her listen and absorb. All children like to listen to music, and many of them will get up and try to keep rhythm to music. If your daughter shows sufficient interest in dancing, you will soon know by outer evidences that she enjoys dancing."

This woman's daughter was only five years of age at that time, too young to undertake a strenuous course of training as a ballet dancer; this should not be undertaken until a child is nearer the age of nine, when her bones are more set. Then I continued, "Start taking your child to see ballet companies in action. Let her absorb the beauty and rhythm of the dance, get picture books for her to color that may show dancers in costumes, and fill her subconscious mind with as many suggestions of the desirability of becoming a dancer as you can give her. When she begins to show pronounced tendencies to follow the rhythm of music, and you teach her a few steps, and let it be a game you play together, you can begin to observe if her mind is really interested in wanting to become a dancer."

This mother followed my suggestions, and a few years later, she reported the happy news that her daughter had progressed from the first stages I had suggested of listening to music and absorbing passively the rhythms and forms of the dance, to a stage where she took dancing lessons and in her first year showed not only amazing interest, but astounding promise as a future young ballerina. The mother is now happy, and, of course, the daughter chose the career that had been subtly implanted in her subconscious mind by her mother from earliest infancy.

How play-habits determine careers subconsciously

Many people believe that their children's early play-habits determine their interests and predispose them to certain types of professions and careers. Is this scientifically feasible? All children manifest similar interests in their play-habits. For instance, a little girl will love to play house, or nurse, or teacher, but this does not necessarily indicate that she will choose nursing or teaching as her profession. Boys, similarly like to play fireman, doctor, policeman, cowboy and aviator; but this does not give parents any indication as to which career he should follow.

Children should be encouraged to play all these games, for they are healthful and they set up subconscious patterns of real-life situations which are highly educational as well as entertaining for the children.

However, if your child manifests continued interest in some profession or career, then this could be a subconscious indication

that he has a deeply ingrained desire to achieve success in that field.

A Boy Who Played Doctor All the Time

One instance came to my attention of a boy who was only four years of age when his parents got him a small doctor's kit, with a miniature stethoscope, pill boxes, bandages and other materials pertaining to the medical profession. The little fellow was fascinated by the kit. His five-year-old sister had several dolls and her brother spent much time in listening to their hearts through his stethoscope and gravely pronouncing that one or another had a cold and must be put to bed and fed soup. Undoubtedly he had heard his mother make similar remarks when a member of the family had a cold.

His mother and father were amused at this interest in medical subjects, but the father, successful in real estate, had no particular desire to see his son become a doctor.

Later, when the child was of school age, he asked for a chemistry set, and he began to read books on chemistry, and scientific research as he grew older, clearly indicating that his interests were still along medical lines. Of course, at this juncture, his parents could have given a subconscious nudge to their son's expanding interests and pushed him into scientific research, biology, chemistry, or almost any other field, but they allowed their child's interests in medicine to continue apace, furnishing him with books on his favorite subject, and encouraging his ambition to become a doctor when he grew up.

Needless to say, this boy went on to become a very fine doctor, a specialist in the field of internal medicine; and he was happy, became successful financially, and, most importantly, found the life goal that he had early set for himself.

Sixteen dynamic steps for imprinting success and wealth patterns in your child's subconscious

1. Start at the age of two to imprint upon your child's subconscious mind a desire to succeed in whatever he does. This can be through indirect suggestions; when your child does something whether it is good or ineffective, such as to walk, or play certain games, or to say his first, indistinct words—make a great deal

over him. Do not be afraid that you will spoil him or make him egotistical or conceited. Children seldom become spoiled through praise.

2. Teach Your Child to Use the Law of Expectation

Very early in his life, you should plant the law of expectation in your child's subconscious mind. This means that he should be taught to look forward to something expectantly, that he should have a desire for achievement, and that his thoughts and plans must be shaped with the positive mental suggestion that *he can achieve it.* It is now known psychologically that we can set dynamic mental forces into motion by adopting the positive mental posture that we are going to achieve something definite. The physical posture of a smile, communicates a smile to the mind; the physical posture of fatigue and discouragement, communicates fatigue to the brain centers controlling the body; so too, success is a mental posture first, in which we expect our good, and soon, we are driven by an inner urge to the achievement of success.

3. Expand the Horizons of Your Child's Mind by Teaching Him to Prepare for Life's Big Rewards

If you want big success for your child, teach him to think big. Early in life show your child how to use the power of concentration, perseverance, and patience, to achieve his life goals. Let him know that his goals can be achieved, but he must not be impatient, nor give up hope when things fail to come as quickly as he expects them. You might quote this truth: It takes God two months to make a pumpkin, but one hundred years to build a giant oak tree.

Will your child's destiny be a great one, or a mediocre one? He should be taught early not to give up when he once sets his mental and material goals in life.

4. Teach Your Child to Have a Great Master Motive in Life

It is not enough that your child wants to be successful or rich; everyone desires success and wealth. Give him an incentive towards which to work. Perhaps it will be to save money for his college education; he may want to buy a car early in life; he may

want to go into business for himself; he may want to travel around the world, or paint pictures, write great books or become a famous singer, actor or composer. When he shows some such consistent pattern of desire for his future goal or life work, do not discourage him and tell him it is impossible. Give him all the encouragement possible, but also make sure that he has sufficient motivation to give him the ability to succeed.

5. Study the Lives of the Great

There is no more certain way to instill patterns of success and wealth in your child's mind than by studying the lives of great men of history who have achieved greatness.

You can ascribe certain qualities to these great geniuses, and let your child emulate the qualities they showed in their lives. Then you can either read the biographies of these great men to your child, or let him study them for himself. Here is how it would work: You might pick Lincoln for one week's study.

You would list the qualities that made him great.

A. Honesty.
B. Integrity.
C. Dedication to a great cause.
D. Love of humanity.
E. Idealism.
F. Patience and perseverance.
G. Courage.
H. Love of country.
I. Belief in God and faith in the future of America.

You can inspire your child to emulate the patterns of thought that went into these great men's minds, and when he has finished studying the lives of some of these great men and women, he can make out a list of what he thinks were their particular qualities of greatness.

Two things will happen to your child's subconscious mind when he does this:

A. He will be inspired to duplicate the virtues of these great men.
B. He will be subconsciously impressed with the thought that

high goals, great effort and perseverance, win high rewards from life.

BURBANK: You can list his qualities, or let your child do so.

A. Curiosity to learn nature's secrets.
B. A desire to improve nature's products.
C. Patience and perseverance until he succeeded.
D. An unselfish desire to do good for the world.
E. An ideal of perfection and quality.

EDISON: Following are some of the qualities your child may discover in a study of his life:

A. Dedication to serving humanity.
B. Ingenuity, trying new things that worked.
C. A determination to succeed despite physical handicaps.
D. Perseverance and patience in the face of obstacles.

COLUMBUS: The following qualities will inspire your child:

A. Vision to see distant horizons when the world said the earth was flat and he would fall off the edge if he sailed out to the horizon.
B. Courage, to dare go in the face of opposition.
C. Daring and boldness, which made him go to Queen Isabella with his wild scheme.
D. Imagination, which projected his dream into reality.

PASTEUR: Following are the qualities that might inspire your child to emulate this great scientist:

A. Imagination; to discover the germs that caused sickness was a stupendous act of imagination, confirmed by scientific means.
B. Courage: Daring to go against the established principles of his day took real courage. When twelve Russians were bitten by a mad wolf, Pasteur had the courage to send for the men, claiming he could save their lives. They were rushed to him across the vast continent, and Pasteur gave them his famous anti-rabies inoculations and saved the lives of all but two.
C. Curiosity; this trait of character caused Pasteur to wonder why some people were sick, while others remained healthy. This curiosity is back of the minds of most great geniuses.

D. A desire to help suffering humanity.

DA VINCI: The great artist had these qualities:

A. *Vision and imagination,* which made his art so great.
B. A sense of order and harmony.
C. An unlimited consciousness which gave him daring concepts in art.
D. An experimental and probing mind, which made him great in science, art and literature.
E. Desire to achieve perfection, which shows in his famous canvases *The Mona Lisa,* and *The Last Supper.*

SHAKESPEARE: His genius can inspire your child to try to achieve perfection in his efforts to express himself in words. The qualities that are revealed in his great works are:

A. Beauty of expression.
B. Vast knowledge.
C. Persistence.
D. Ability to rise above a lowly birth.
E. A desire to inspire and entertain others.
F. Hard work and patience to achieve his goal in life.

6. BUILD SUCCESS PATTERNS IN YOUR CHILD'S MEMORY BANK

You can begin to implant in your child's subconscious memory bank great ideas and success principles when he is as young as two years of age. You can make a game of it; as he learns the principle of putting pennies, nickles and dimes into a savings bank, teach him that he can deposit thoughts in his memory bank that he can draw on in his future life. As he grows older he will have a rich deposit of thoughts of health, happiness, prosperity and wealth. Each day teach him to plant ideas in his memory bank:

Monday: He plants the idea of happiness in his memory bank and tries to find happy experiences all day.
Tuesday: He plants seeds or thoughts of goodness.
Wednesday: He deposits in his memory bank BEAUTY, and tries to create something beautiful, to think beautiful thoughts and to search for beauty in his day's activities.
Thursday: He deposits inspiring, creative, lofty ideas

in his memory bank and tries to do something under great inspiration.

Friday: This can be his imagination day, in which he sees how he can use his imagination to improve his studies, his work, his personality, or his memory.

Saturday: He deposits in his memory bank the idea of service; he helps his family with household chores, mows the lawn, helps a neighbor.

Sunday: He deposits in his memory bank the thought of faith and love for humanity and for God.

7. TEACH YOUR CHILD TO BE DEFINITE IN PLANNING HIS FUTURE CAREER

Vague, vacillating thought patterns in his subconscious mind will lead to vague and uncertain goals and weak achievement.

Let him have a definite plan in his day's activities, and write down each day the things he plans to do; he should keep a daily diary in which he jots down his thoughts and ideas for future action. He should plan his future, even though it is subject to change; better to have a plan than not to have one. Having a plan gives your child direction, purpose and drive towards his life goal.

8. VALUE OF SEEKING THE AID OF IMPORTANT PEOPLE

Early in your child's life teach him that all his good comes through people. Let him be busy in school building friendships with people of the same interests and qualities. When he goes to college, the contacts he makes will prove useful in his future career. Teach him not to be afraid to ask favors of important people. They usually are happy to help a boy who is progressive, honest and ambitious.

How Howard Became a Great Psychiatrist

Howard L used to help usher at my lectures in Carnegie Hall some years ago. He was only seventeen at that time and he wanted to go to college and study to become a psychiatrist, but it seemed impossible at the time. His family was poor and had no money to spend on higher education. Howard learned these principles of subconscious imprinting, and he believed that he would be guided in some way to achieve his high goal.

He made contacts with some of the lecture members, and he was kind, courteous and well-mannered at all times. There was one old lady that he was especially kind to. He smiled in greeting her and showed her to her seat with a kindly word. One day she asked him what he wanted to be when he matured and he replied "A psychiatrist, but I don't know if I'll ever make it."

When the lady inquired why, he told her the facts about his family being too poor to send him through college.

A few weeks later this lady set up a trust fund from her estate, to send Howard L through college and medical school, and the long, drawn-out studies to become a psychiatrist. Her husband was dead, she was very wealthy and had no children. This was her way of showing gratitude to Howard for his kindness and courtesy.

This young man finished his studies in college and became a fine, outstanding psychiatrist who achieved success because he had faith in the fact he could achieve his great destiny. His subconscious found the way for him.

9. Time is the True Gold of Life

Imprint on your child's subconscious mind early in his life that he must use time wisely. He has been given twenty-four golden hours to use each day. Eight hours for work or study, eight hours to sleep, and eight hours belong solely to him to use for growth. Impress upon him the importance of using his time wisely. If he spends most of those precious eight hours looking at television, going to the movies, or wasting them frivolously, he cannot achieve the great destiny that he desires. He must apportion at least two hours a day for self-study and self-improvement; two hours a day for relaxation; two hours for family groups, and personal enjoyment: this distribution of his time will yield results in all departments of his life.

10. Adopt and Hold a Positive Mental Attitude Even When There is Discouragement or Delay in His Plans

You must imprint on your child's subconscious mind daily a pattern of positive thinking regarding his life and his future. Teach him to look on the best side of things, not the worst; to see

success, not failure; to think people are good, not evil; to believe he can become famous and rich, not that he will never have a chance to succeed.

Teach him the value of saying positive suggestions to his subconscious mind as soon as he is old enough to understand fully the meaning of this technique.

Some of these positive suggestions are:

I will see only the bright side of things in my daily contacts with people.

People are good, as a rule, and will be friendly, kind and helpful.

I know that I will succeed by applying principles of honesty, fairness and justice in my dealings with others.

I see the world as a beautiful place in which to live and believe that it will be even better in the future.

I recognize that there is unlimited wealth in this country, and that it is my duty to be worthy of attracting a fortune through hard work, patience and perseverance.

I am equal to any task that faces me and I can accomplish the fulfillment of my goal.

I refuse to be discouraged by the negative suggestions of others, or the negativity that surrounds me.

I am happy, peaceful and serene, and in the midst of life's turmoil I shall maintain a calm, poised center where nothing can touch me that is negative.

11. Build Your Child's Faith in Himself, His Abilities, and His Future Destiny, as Well as in God

Faith is the foundation stone upon which civilization has built its great concepts, codes, and institutions. Without this positive emotion, mankind would flounder in the quicksands of doubt, fear and hopelessness.

You can instill faith in your child's subconscious mind early in his life through your own living examples. Make it a point not to talk about how miserable life is, how hopeless situations are, how bitter your poverty, how impossible it is for anyone to succeed; how unjust your government is and how crooked the politicians

are. These negative concepts can become deeply rooted in your child's subconscious mind, causing him to lose faith in humanity, himself, and his future.

12. SHOW YOUR CHILD HOW TO TURN TO HIS HIGHER INTUITIVE MIND FOR GUIDANCE WHEN HE DOES NOT KNOW WHAT STEPS TO TAKE

It is important to early implant in your child's subconscious mind the fact that a higher mind than his can guide and direct him in his future life. Tell him of the power of his subconscious mind, and of the superconscious mind, which can receive divine intuition and which can give him inspiration, knowledge and guidance.

13. DO NOT WORRY ABOUT PAST MISTAKES BUT GO ON TO OTHER LIFE EXPERIENCES AND PROFIT FROM THE PAST

Let your child know at an early age that it is human to make mistakes, but that we must not dwell on them and should use them only to learn our lessons and avoid the same mistakes in the future. Teach him to reverse, not rehearse, his mistakes. Let him know that when he rehearses his mistakes, his failures, his unhappiness, and other negative conditions, he only imprints them deeper and deeper in the convolutions of his brain, and his memory bank becomes filled with this useless driftwood. By reversing this trend, and eliminating these negatives from his consciousness, your child can build his future on a sound foundation.

14. TEACH HIM TO CULTIVATE PATIENCE AND PERSEVERANCE

The two key words to a great destiny should be given to your child in his formative years; patience and perseverance. When your child is very young, he will naturally show impatience when he does not get something he wants immediately. You will have to deliberately refuse to grant his every wish when it is inconvenient or when you think it is not for your child's best interests. Your child expects you to say "No" many times; he knows that he cannot have everything he asks for, and he quickly adjusts to disappointment and does not hold it against you.

15. TEACH YOUR CHILD DYNAMIC THINKING AND DYNAMIC ACTION AND HOW TO EMOTIONALIZE HIS DESIRES FOR THE FUTURE

Luke-warm thinking produces a luke-warm destiny. Let your child know that his thoughts must be dynamic and emotional if they are to be effective in motivating him to dynamic action. As action is the first law of the universe, it is vital that his mind should first be stirred into active patterns of dynamic thoughts through his emotions; the emotion of desire is the key to stirring these patterns of thought into dynamic forces.

16. SHOW YOUR CHILD HOW TO FORM MENTAL HABITS OF EFFICIENCY, ORDER AND HARMONY IN HIS THINKING AND ENVIRONMENT

Order is the first law of the universe. Imprint on your child's subconscious mind the importance of order and efficiency in his thinking and his environment. Let him keep a record of his activities in a daily diary; let him write down his expenditures, his day's accomplishments, his hopes and dreams for the future. This early habit will condition his subconscious mind to be orderly and efficient. Show him how harmony and peace in his environment will result in more concentration and greater achievement.

SUMMARY OF CHAPTER TWELVE

1. *Subconscious motivation can make your child a success.*
2. *The seven basic ingredients for success.*
3. *Importance of daily goals for your child.*
4. *Teach your child from history of the importance of high goals.*
5. *He can achieve anything he can conceive.*
6. *Miracles accomplished by the great men of history.*
7. *Inventions your child should know about.*
8. *How to plant success thoughts early in your child's mind.*
9. *How play-habits influence careers.*
10. *The sixteen dynamic steps your child can take for success.*
11. *The law of expectation and how to use it for success.*
12. *Expand the horizons of your child's mind.*
13. *How big dreams build big success.*
14. *How the lives of the great can inspire your child.*
15. *How to build success patterns in your child's memory bank.*

THIRTEEN

How to Give Your Child The "Golden Midas Touch" for Riches

Early in his life your child should be taught the vital importance of money. If you bring him up with an erroneous concept of wealth, it is unlikely that he will ever become rich.

Your child can easily acquire the "Golden Midas Touch" that will cause his subconscious mind to respond with creative ideas that will guide him to fame and fortune.

However, do not stress the importance of money to such an extent that your child will think it is the only important thing in the world. Tell your child the story of the Golden Midas Touch, and how it can turn into a Golden Curse, when we are greedy and selfish and want money and power for destructive purposes.

As you recall, King Midas was a real king who lived in ancient Greece in Phrygia in the eighth century B.C. The legend tells how he befriended Silenus, and Dionysus granted him the power to

turn into gold anything that he touched. The King touched his silverware and it turned into solid gold. Then he lifted a goblet of water to his lips and it too turned into gold. When his little ten-year-old girl threw her arms around his neck and turned into a gold statue, the king really became alarmed. He then begged Dionysus to take away the golden touch, which had turned into a golden curse. He was told to bathe in the Pactolus River and he could wash away the golden touch.

The true Golden Midas Touch

When you have acquainted your child with this legend, you can assure him that there is a true Golden Midas Touch which he may use for purposes of good. It is the creative power of his mind and with it he may convert ideas into products, stories, songs, poems, inventions and business processes that can make him a millionaire. The true Golden Midas Touch lies within the realm of his subconscious mind and with it he may transmute the base substance of mind energy into its material equivalents of riches and abundance.

How to build a constructive concept of wealth

You should explain to your child when he is old enough to understand about money and begins to either earn it, or have his own allowance to spend as he wishes, that money is a symbol for value. Money in itself cannot be eaten nor taken as a drink, nor does it have any value in itself except as a medium of exchange. Your child should also be told early in life that *money* is not evil, but the Bible states that "*Love of Money* is the root of all evil." He should be told that a miser may accumulate millions, like Hetty Green, who had a hundred million or more, but who lived in miserable squalor and was really worse off than the poorest citizen.

Your child should be shown the vast potentials of wealth that man has not yet begun to tap in the universe. *There is no poverty in nature; it is only poverty in man's thinking that keeps most of the world poor.*

Natural resources, the wealth of the world

Explain to your child that the natural resources of the world constitute its wealth, and show him that he must believe he can attract his share of riches by giving something of value to the world, either in service, ideas, creative effort, or by contributing something to the world that it urgently needs.

Explain the following facts about the inexhaustible wealth of the universe, so your child's subconscious will be confident that he can attract the wealth and abundance he will require in his future life.

These facts destroy the myth of poverty and barreness

1. One forest in Russia is four thousand miles long by four thousand miles wide. In it there is enough lumber and building materials to build a home the size of the White House in Washington, D.C., for every family in the entire world.

2. In the Amazon Basin in South America, there are so many millions of trees that the human race can never exhaust all the lumber. Twenty thousand different species of trees grow in this basin. This is twenty times the number to be found in the United States and Canada. Paper pulp can be furnished for the entire world for centuries to come. In these forests alone there is enough building material to build a mansion of *one hundred rooms for every family in the entire world!*

3. Enough food and cattle can be raised in this Amazon basin alone to give food to the entire world for hundreds of years. It is an inexhaustible supply and the soil is so rich that it will grow anything.

4. There is enough living space in this same Amazon Basin to house one billion of the world's present nearly three billion people.

5. A good part of Brazil, which is bigger than the United States, floats on a vast sea of oil, that could run the motors and engines of the entire world. None of this oil has yet been siphoned off to meet the world's needs.

6. There is enough coal, iron ore and fifty of the critical elements needed for war, such as copper, tin, silver, bauxite, beryllium, tungsten, and other minerals, in this basin alone to supply the entire world for centuries to come.

7. One diamond field was discovered in Brazil where more than two thousand good-sized diamonds were picked up off the ground in ONE WEEK! Another diamond field was recently discovered in South Africa where it is estimated that over five hundred million dollars' worth of diamonds will be mined.

8. In our own Southwest, Texas, Arizona, New Mexico, and Nevada, we have enough desert land which could be reclaimed and watered, and which would furnish a constant source of food supply for America, and the entire world.

9. The money spent on the perfecting of the atom bomb alone, about four billion dollars, or our war aid to Vietnam, or our efforts to reach the moon—hundreds of billions of dollars—could have been spent in turning salt water to fresh water, and by piping it into our desert places, they could have been turned into lush garden spots that could feed the entire world.

Children have a great sense of fantasy, and if you can imprint on your child's mind the desirable traits, the wonderful gifts, the opulence and abundance that he can attract in life, his subconscious mind will have supreme confidence that it can do these things, and your child will build habit patterns of success and wealth.

But if you imprint on your child's subconscious mind the constant reminder that he was born poor, that he can never become rich, that he will always have to work hard and never succeed, his subconscious mind will build habit patterns of poverty, failure and unhappiness.

The golden stairway that leads your child to future riches and abundance

To help imprint your child's subconscious mind with the importance of building certain qualities and traits that will help him become wealthy in the future, you can make a pleasant game of these principles that will lead your child to future riches and abundance. On a wall chart draw a picture with yellow crayon, of

a staircase that rises steadily towards a certain height. On top of the sheet write in capital letters:

THE GOLDEN STAIRWAY TO RICHES.

Then each day, mark the particular points which we shall now study on the stairs. The principles that you will thus inculcate in your child's subconscious mind will be more deeply impressed by being visual, and you can even let him copy these principles and make up his own stairway, as he progresses day by day in this study of how to accumulate wealth.

STEP NO. 1. RESPECT MONEY AND MONEY WILL RESPECT YOU

When you have written this first step on the stairway, explain to your child the following facts about money. He must learn how to respect money and take care of it, otherwise, like anything else, he will not be able to attract it nor keep it when he has it. If he is careless with money, spends it recklessly and does not get its full value, he wastes his money.

He should be shown how to count money; the bills should be always face up; it should be straightened out and never carried in the pocket or purse crumpled up or disorderly. Big bills should be carefully put in a certain compartment of a pocketbook, and small bills put in front. *The way a person handles money shows whether he has a proper respect for it or not.* Money is a medium of exchange and operates under laws of order, harmony, and efficiency.

STEP NO. 2. DESIRE TO BE RICH

Begin to imprint on your child's subconscious mind the desire to become successful and wealthy. Too many parents think it is not proper to talk about the subject of money with their children, for fear their children will get the idea that money is the only important thing in life. Your child will thank you when he is grown up for taking the time to show him the importance of money.

The will to be rich and successful must be firmly implanted in your child's subconscious mind from the first.

Don't tell your child that it is wrong to want to be rich.

Don't tell him that money can only be gotten through crooked means.

Avoid imprinting on your child the fact that he can never achieve riches because the world doesn't recognize talent or hard work, but impress upon his mind the fact that he will receive rewards from life in keeping with his creative ideas, his work and effort.

A Woman's Desire to Succeed Created a Multi-Million Dollar Fortune for Her Son

An instance of how the will to succeed imprints itself on a child's subconscious mind, leading the child to become successful, was that of a woman who was left a widow when she was young and had a son to support. She had no great gifts to give to the world, but she was noted for her fine baked goods, and had many times given her cakes and biscuits to neighbors. She looked about her home to see what she could convert into cash, but she was so poor that she had nothing in her home except a bag of white flour in her kitchen. She remembered the Biblical injunction: "What hast thou in thine house?"

She took the flour and baked a batch of biscuits; she took them to the railroad yards nearby where workmen were having their cold lunches. She sold all her biscuits immediately. She took the money she got and invested it in more flour. Soon she was doing a thriving business.

This woman's son was thus impressed subconsciously by his mother's efforts and the creative idea was implanted permanently in his subconscious mind. When he reached manhood this boy became the president of the leading baking company in the country and made a fortune.

STEP NO. 3. CREATIVE IMAGINATION

Teach your child early in life to develop an active, creative imagination. Most children are born with this gift, but many parents try to stifle it by discouraging their children from telling their tall tales or living in the realm of imagination when they indulge in their childish games.

Most of the world's great geniuses had creative imagination developed to a very high degree. You might let your child read the tales of Jules Verne, who tells in his stories of the wonders of

radio, television, space ships, submarines and other wonders which were nearly a hundred years before their time. In his imagination Jules Verne created a world that was later duplicated by man in his inventions and discoveries. Simon Lake invented the modern submarine through reading these imaginative stories by Jules Verne.

STEP NO. 4. AMBITION

This golden step should be dwelt on at length, for your child will achieve success and riches only if he is ambitious. You can implant in his subconscious mind early in life the ambition to succeed. Pride goes with ambition; be sure to praise your child when he does achieve something worthwhile, for this increases his ambition and his desire to please you. Later, he will receive high incentives to achieve riches when he finds his life work, and has a purpose for living. You can spark ambition in your child by examples that you set, and also by telling him of the desirability of achieving worthwhile goals in life.

STEP NO. 5. MASTER MOTIVE

The subconscious mind is inspired to dynamic action when we have some great master motive back of our lives. Your child should be trained to have the proper motivation for every act of his life. Obtaining money and becoming rich must be motivated by more than a mere desire to accumulate money. On a sheet of paper list for your child the Nine Master motives that give most people drive and purpose for accumulating money. Some of these are minor desires others are big, but they all work together in a great subconscious drive to propel people to the winning of high goals and the building of great fortunes.

A. *A DESIRE TO IMPROVE THE MIND AND BODY*
B. *A DESIRE TO ACCUMULATE WISDOM AND KNOWLEDGE*
C. *A DESIRE TO HELP ONE'S FAMILY*
D. *A DESIRE TO SUCCEED IN BUSINESS*
E. *A DESIRE TO REFINE AND ACCULTURATE THE PERSONALITY*
F. *A DESIRE TO MAKE MONEY FOR CONSTRUCTIVE GOOD*

G. *A DESIRE TO INCREASE THE GIFTS AND TALENTS*
H. *A DESIRE TO ELEVATE ONE'S STANDARDS*
I. *A DESIRE TO HELP THE WORLD END WAR AND STARVATION*

STEP NO. 6. FAITH IN THE FUTURE

Children should never be discouraged about the future of the human race. Often parents will talk about atomic destruction of the entire human race before their children, not realizing how this feeling of hopelessness permeates their young minds and causes deep subconscious concern and anxiety. If a child feels there is no future towards which to work, how can he possibly have ambition?

Tell your child that Faith is a miracle worker. Most of the great fortunes of the world were built on man's faith in the future or in some product.

Ligget's faith in drugs built his fortune in drugstore merchandising.

Carnegie's faith in steel founded an empire. He gave away five hundred million in his lifetime, and endowed twelve hundred public libraries to America, and the cultural institution known as Carnegie Hall.

Rockefeller's faith in oil built the Rockefeller dynasty.

Goodrich had faith in rubber and made millions.

Charles Revson had faith in beauty products and through his Revlon products has made millions.

Ford's faith was in America's need for cheap transportation and he founded the assembly line which made it possible to turn out reasonably priced cars.

David Sarnoff, head of RCA corporation, had faith in communications through telegraphy, radio and finally television, which has made him head of one of the world's richest corporations.

Walt Disney's career was founded on faith in clean movies for children as well as adults and he built a vast fortune.

STEP NO. 7. ENTHUSIASM

This golden step to riches can be traced in the careers of all great geniuses and millionaires. Edison worked for fifteen to twenty hours a day on his beloved inventions, sleeping only four

hours a night, because he could not curb his enthusiasm for the work he was doing.

Enthusiasm is a youthful emotion and your child will have plenty of this quality if you encourage it. Keep his mind fresh and interested, by giving him many projects on which to work. Let him look forward to his studies, investigations and experiments, by presenting constant new mental horizons for him to probe.

STEP NO. 8. RESOURCEFULNESS

This is a valuable trait to develop in your child's subconscious mind, for it will teach him how to search out new methods for doing things that can make him his fortune, and utilizing whatever is at hand to build on.

Tell him the stirring story of the great Negro leader, George Washington Carver, head of Tuskegee Institute in Alabama, who was born to slave parents, and who created a college for members of his race through sheer perseverance and resourcefulness. He was one of America's great scientists and experts in agriculture. He looked about him in the south, and saw the lagging economy. He asked his subconscious mind what he could do to improve the economy. He took the lowly peanut, which had not been of much value, and by constant research and experimentation he created hundreds of products that revolutionized the south. He made fodder for cattle, wallboard, insulation, dyes, resins, paints, varnishes, and other important products that gave employment and new riches to the south.

STEP NO. 9. COURAGE

This quality is vitally important to imprint on your child's subconscious mind early in life. Tell him that it takes boldness of concept and courage to go against the established principles of an age and do something new and daring.

Let him read of the daring exploits of Marco Polo, Admiral Byrd, Admiral Peary, Columbus, Cortez, and Sir Walter Raleigh, who changed the face of the entire world through their courageous exploits and discoveries.

Tell your child the story of Cecil Rhodes, who went to Africa to die of tuberculosis, and who courageously found a new way of life. Not only was he healed, but he discovered a vast diamond

field which made him a fortune, and helped him establish the Rhodes Scholarship for worthy students.

STEP NO. 10. VISION: THE BIG DREAM

The big dream which has always led to the big discoveries and great inventions of the past can be implanted in your child's subconscious mind early in life. Fortunes have been built on man's vision alone. Inspire your child's mind by telling him of the great exploits in settling the West in the old days, and the building of cities like San Francisco, Seattle, Los Angeles, and Las Vegas, because man's adventuring spirit always led him to follow his inner dream to new horizons.

Let your child read the story of the invention of the telephone by Alexander Graham Bell. This shows how a man's vision and inner dream guided him to creating one of the greatest networks of communication which the world has ever known.

STEP NO. 11. CURIOSITY

The golden step of Curiosity has led thousands of people to great achievement and the building of fame and fortune. A child normally has a high degree of curiosity. Encourage his curiosity and furnish him with opportunities to explore the secrets of nature, to understand the various elements such as fire, air, water, and the vast powers that exist in the invisible universe, such as electricity, magnetism, capillary attraction in the soil. He should be furnished with a set of Nature books, which give so many wonderful illustrations in color plates of nature's mysteries. There should also be a child's encyclopedia in your home to which you can refer when your child asks questions that baffle you. He should be taught to look up information for himself as soon as he is capable of reading.

Fleming, who discovered the great lifesaver penicillin, had this trait of curiosity highly developed. When he found mold on some bread that he was using in an experiment, he wondered what would happen if he put it into a test tube which held some germs that he was working with. To his astonishment the next day all the germs were dead! Thus, through curiosity Fleming gave to

the world one of the greatest miracle drugs ever discovered by man.

STEP NO. 12. CONCENTRATION

To teach your child the importance of concentration for building a future career and for attracting wealth, let him perform an experiment. Show him how to concentrate the sun's rays through a magnifying glass onto a piece of paper. Soon the rays of the sun will set fire to the paper. Then tell him that concentration of his mind power is like that magnifying glass; it will help concentrate all his mental and creative energies on his life and will give him tremendous mental and physical energy. If he scatters his mental forces and does not concentrate on a definite goal or purpose in life, he will dissipate his creative energies and his success will not be so assured.

How Some Famous People Made Use of Concentration

I once interviewed Margaret Mitchell, who wrote *Gone with the Wind.* I asked her how she came to write the enormously successful novel, which was later made into a great motion picture. She told me that she had concentrated on writing it for seven long years. Each day, when she had come home from work, she sat down for an hour or two and concentrated all the powers of her imagination on re-creating the era of the Civil War. She did enormous research work in libraries, taking copious notes on her material, and then she would laboriously fit it into her epoch story.

She did not become discouraged during that entire period of time. When the manuscript was finished, she carried it to New York City, sought out a publisher, and the rest is publishing history. Her seven years of labor, concentration and perseverance paid off.

Fannie Hurst, the great novelist who wrote *Back Street,* and many other great novels, once confided to me that she had written for twelve long years, and had kept sending out her stories even when they were rejected, until she had her first

acceptance. What tremendous concentration and perseverance this great author had!

Step No. 13. Use Time Wisely

In the extra hours that most people fritter away in a lifetime, they could build great careers and win huge fortunes. Imprint on your child's subconscious mind that TIME IS GOLDEN. We have twenty-four golden hours a day to spend, and if we waste these precious hours they never come back again.

Tell your child the story of Queen Elizabeth the First, who lay on her death bed, and her dying words were, "Time! I would give my Empire for one more hour of time!" But time had run out for the famous queen and how she must have regretted the precious hours she wasted in silly and aimless pursuits!

Train your child to have a schedule in his life which he follows carefully. He should have a daily journal in which he jots down his daily activities, plans, hopes and dreams. Queen Victoria kept a daily personal journal throughout her entire life, and entered every little event that occurred to her during the day. She was able to achieve great things because she knew the value of constantly directing her attention to fruitful use of time.

Step No. 14. Right Decisions

Great fortunes have been built by men who have been able to make the right decisions in their lives. Teach your child that he must think things through before he ever makes a decision; then, when he has made up his mind, follow through with action. "He who hesitates is lost." This is a true saying in the science of getting rich; a person must know the goals he wants to achieve, and then follow through.

Most children are incapable of making right decisions until they have reached the age of six or seven. Then they should be given the power of choice in many departments of their lives. This does not mean the big, vital decisions regarding education, morals, and social activities, but in small, daily activities, they should be encouraged to make their own decisions, preparing them for the day when they will be called upon to make big, vital decisions in their lives.

Step No. 15. Honesty

Your child should learn by the time he is three or four years of age that honesty is the best policy. As a very young child has no sense of moral values, this trait must be imprinted on his subconscious mind early. When he takes other children's toys, he should be told this is wrong, and the toys taken from him. If he is inclined to steal money or property, as many children do when five or six years of age, he should be disciplined and told that dishonesty is wrong and society will punish him for such acts.

Honest effort will win rich rewards in life, your child should be told, and then you can imprint on his subconscious mind that throughout history, people who have gotten things dishonestly have had to pay, many times with their lives.

Step No. 16. Love of People

This golden step is one of the most important for your child to take in his upward climb of the ladder of success. It is love for humanity that brings forth the greatest and best in man. With love as a motivating force, most of the geniuses of the past created their magnificent works of art, music, literature, inventions, and industrial achievements.

Alexander Graham Bell invented the telephone because he loved his deaf wife so much he wanted to be able to communicate with her more easily.

The beautiful Taj Mahal was built in the Valley of Kashmir, India, to the memory of the ruling Monarch's beloved wife.

Pasteur developed his vaccines to save suffering humanity.

Mme. Curie and her husband worked for twenty years to isolate a gram of radium from tons of pitch blend, because of an overwhelming desire to help the world.

Lincoln gave up his life for love of humanity. So did Mahatma Ghandi, who was struck down by an assassin.

Great men and women throughout history have brought forth creative acts because they have loved people. Every canvas that is painted, every book written, every song composed, every invention perfected, is inspired by the emotion of love.

Summary of Chapter Thirteen

1. *The importance of money to your child's future.*
2. *How to build your child's constructive concept of wealth.*
3. *How to tap the natural resources of the world.*
4. *How to destroy the myth of poverty once and for all.*
5. *Build the will to be rich in your child's mind.*
6. *The golden stairway that leads to attainment of riches.*
7. *Million dollar fortune came through desire to be rich.*
8. *The power of the creative imagination for creating fortune.*
9. *How to build a dynamic master motive for riches.*
10. *The nine master motives that inspire your child to fortune.*
11. *Enthusiasm and resourcefulness lead to achievement.*
12. *Courage and vision built the world's great fortunes.*
13. *Curiosity, Concentration and Faith . . . miracle workers.*
14. *How to make the right decisions for future fortune.*
15. *The emotion of love as a dynamic fortune-motivator.*

FOURTEEN

How to Give Your Child Better Health and Strength Through His Subconscious

A good foundation in mental and emotional soundness in your child will automatically reflect in his body, creating better physical health, strength and longevity.

As the subconscious mind governs the automatic functions of the body, including heart action, blood's circulation, digestion and nerve responses, it is vitally important that you lay a good solid foundation for your child's future physical health through subconscious suggestions.

There are certain basic facts which you can begin to implant in your child's subconscious mind about his body and its health, which will serve to guide him in such matters as diet, exercise, sleeping habits, eating habits, cleanliness, and other bodily functions.

Subconscious regime for perfect physical health

1. It is vitally important that you establish the correct mental habits in your child's early life regarding food. We have discussed elsewhere the importance of breastfeeding your child, if possible, as this furnishes the correct emotional climate for your child to feel he is loved, wanted, and protected during his meal times. However, if he is bottle-fed, he should be held in the mother's arms and given this same feeling of love and security. The mother should speak to him softly, in a crooning, loving tone, which is instinctive with most mothers during his meal time. He should never be rushed, or scolded if he does not take his bottle or nurse at the breast. If a child is *not* hungry he will let you know as readily as if he *is* hungry. Do not wait until he screams for his meal, but anticipate it and give it to him before he cries. If he is left to cry each time he wants food, he will set up strong negative habits in the subconscious mind that may affect his future disposition and attitude towards his parents.

IMPORTANCE OF CALM AND QUIET AT FEEDING TIME

2. Keep the environment calm and quiet during your child's feeding time; this is especially true in the first two years, but is also true as the child matures. Meal time should not be one in which the parents discuss vital problems, war, money, worries about business; these things should be carefully avoided at meal time, for they can create gastric disturbances in a young child which will plague him for years to come with indigestion, constipation and other ailments.

3. Establish early in your child's habit patterns, through his subconscious mind, regularity in his eating habits. If you set up this rhythm of meals at regular hours, it will be beneficial to his health and will cause him to build his future life according to the habits you have established.

HOW TO ESTABLISH REGULARITY IN TOILET HABITS

4. Try to establish the same type of regularity in your child's bathroom habits early in his training periods. Many people begin toilet training as early as eighteen months, but as I have said

elsewhere in this study, two years of age is a more intelligent age to begin putting your child through regular bathroom habits. Immediately after his breakfast is a good time to establish bowel regularity, for it is at this time that the natural peristaltic actions of the lower intestine begin, and if you are patient and begin this training and get results immediately, praise the child, and repeat the performance after meal time, until you have established regularity in this vital function. Do not scold the child who makes a mistake, for toilet training is a procedure that might take some time, and do not try to force the child, nor frighten him by telling him wrong things about his system. Avoid putting him on the adult-sized bowl at first, for it may frighten him to hear the rush of water. He should have his own stool on the floor, which he can comfortably and easily reach when he has to go.

Give Child a Wide Variety of Foods to Choose From

5. You should furnish your child with a wide variety of nourishing foods, from which he can select those foods he likes. Elsewhere in this study I have told how a child will instinctively select the foods his body needs if the foods are placed before him from which to select.

How does an elephant know enough to eat grass and leaves? Why does a lion seek out fresh meat? What causes a cow to eat fodder? Out of the green grass or hay that cow's subconscious mind creates white milk and yellow butter. This instinct is in all God's creatures and it works in your child's subconscious also. Furnish him with the right foods and let him pick the ones he wants. Don't try to make him eat spinach, if he does not like it, but give him another food with the same values.

Children from Wealthy Homes Often Found to Be Malnourished

Interesting scientific experiments in nutrition have been performed in which children who were born to wealthy parents, where there were divorces in the home, or emotional insecurity, were carefully studied, and it was found that these children who received the best food, and should have been nutritionally perfect, were found to have serious deficiencies and actually were undernourished. Whereas children from poor homes, where there was

love and emotional security, who had insufficient food in many cases, were at least minimally nourished. This proves that children can thrive on a sub-normal diet, if they have love, security and happiness in their homes. The body is able to extract nourishment from almost anything one normally eats.

6. Avoid letting your child look at television programs while eating. This increases tension and interferes with the gastric secretions in the stomach, causing an unfavorable mental and emotional climate for your child.

Avoid Unpleasant Discussions at Mealtime

7. It is important also that you keep arguments, bickering, talk of violence and unpleasant occurrences from your child during his meal time. Even at an age where children do not understand words, they absorb subconsciously the moods and emotions of adults, and this can cause serious digestive upsets that may have repercussions in years to come. Keep the atmosphere at table calm and pleasant, and try not to scold the child if he is messy and tries to feed himself prematurely. When he makes an effort to eat by himself, encourage him, even though he does it badly, praise him and let him feel a sense of accomplishment.

8. Many parents say grace at table over the food, and this is a good, positive habit to establish in your child's subconscious mind. It gives a feeling of protection, security, and the thought that the food is blessed, making the child more relaxed and receptive to the meal.

Avoid Making Fuss Over Child's Minor Ailments

9. Do not make too much fuss over a child's minor colds, fevers, or childhood diseases, for any emotional upset that you visibly or volubly register imprints itself on the child's subconscious mind giving it undue importance. This can lead to future psychosomatic illnesses, in order to gain greater attention, or cause the child to look for symptoms which are not actually there.

Importance of Correct Sleeping Habits

10. Sleep habits should be established in your child's subconscious mind very early in his life. When he is put to bed it should be to sleep, and if he demands attention or cries, it is good not to

leave him in complete darkness, but have a small light burning so he will not be afraid of the dark. If you let your child stay up late at night to look at television shows, he may easily develop subconscious habits that are unhealthy, and receive so much unnatural emotional stimulation that it will seriously interfere with his health and the perfect working of his nervous system.

How Much Candy Should you Give Your Child?

11. Children love to eat sweets and you, as a parent, will have to determine how much candy, ice cream, and soft drinks your child is to have. Excessive amounts of sugar have been found to be bad for a child's general health as well as for sound teeth, and you will have to start early in life to deny your child an excess of sweets. You might break his hunger in-between meals with such natural foods as grapes, raisins, figs, dates, prunes, apricots, and fresh fruits in season.

Importance of Exercise for your Child

12. There is no need to stress exercise for your young child in our study of healthful habits, for he will just naturally be active and restless during the growing years. Some forms of exercise which should be encouraged are: swimming, ball-playing, and games that bring about a great deal of physical action. Be sure to let your child learn to swim naturally; don't push him into the water and frighten him, and don't insist he learn to swim immedilately. Let it be an enjoyable type of exercise and teach him to handle himself in water, and in boats, for it may some day save his life if he knows how to swim well.

Importance of Building Correct Mental Habits

13. If allowed to set his own mental habits regarding meals and health problems, a child will seldom conform to rules of common sense. For instance, when he is playing and it is dinner time he will seldom want to come in and eat. If you tell him to come to the table once and he does not do it, it is better to pick him up bodily and take him into the house, saying at the same time in a firm, but pleasant tone, "Time for you to eat now. You can play later." This is better than for you to shout or try to force him to act on his own. His subconscious mind will know that you

mean business when you speak in a firm tone of voice and he will be more likely to obey you than if you are wishy-washy in your demands.

Importance of Correct Hygienic Habits

14. Learning to keep himself clean is a part of the early health regime which you should imprint on your child's subconscious mind. Remember, bathing can be dangerous for your child if he is pressed to do this alone at too early an age. If he shows fear of water or if you have tried to force him to bathe alone before he is ready, his subconscious mind may be so imprinted with thoughts of fear that they can carry over into adulthood.

Can you keep your child from smoking?

By the time your child is released to the outside world to go to school and associate with other children, he will already have set in fixed habit patterns the subconscious patterns that will go with him throughout his adult life.

Can you keep your child from smoking? Only if you set the example for him in your home will your child remain free from this harmful habit. If you smoke and he is allowed to see you constantly smoking, he will receive the subconscious signal that smoking is okay, for after all, you, his parent and source of all good, are smoking constantly. What is good enough for you is good enough for him, his subconscious will reason, and you will never be able to keep your child from smoking.

However, if you begin a rigid system of refraining from setting wrong examples, and teach your child as soon as he understands your words that smoking is damaging to the health, and he should avoid it, you may possibly make deep inroads in his subconscious mind that will help him avoid this dangerous habit.

Subtle suggestions better than using force

Your suggestions should be subtle and not obvious and forceful. If you forbid your child the right to smoke, or drink, or anything else, you will only make it seem more attractive to him. But if you slowly and repeatedly tell him how much harm these

habits can do to the physical and mental health, you will reach your child's subconscious without setting up resistance to your suggestions.

How to influence your child to avoid dangerous drugs

You can lay the groundwork for your child's future health by telling him the consequences of smoking, drinking, smoking marijuana, taking pep pills, LSD, or other dangerous drugs. Explain the moral implications of his acts and tell him of the dangers that come from such unbridled actions. You should have your child so completely in your control in the first four or five years of his life that his subconscious mind can easily be imprinted with the positive habits you want him to assume.

Teach your child by example and precept that dishonesty, and immorality lead to jail and dishonor; that lying causes mental and moral complications and that low standards in bodily appearance and dress degrade one and lead to one's being treated with contempt by others. Appeal to his innate pride and desire to be loved and respected by others, and point out that those juveniles who rebel against society are outcasts, who are denied good jobs and who fail to win happiness and love. Such rebellious acts merely imprison their adherents in minds and bodies that are in perpetual conflict with society and subject them to misery, contempt and ostrascization.

Suggestions to give your child for better health

Start when your child is still a babe in arms, and continue these suggestions to his subconscious mind until he is old enough to begin to use auto-suggestions to his own subconscious. Say each suggestion over several times to give greater impact emotionally and use as many as you wish, for as long a time as you choose.

1. You are healthy and strong.
2. Your body will operate perfectly while you sleep.
3. You are now relaxed and will rest and awaken refreshed.
4. Your subconscious mind will take over all automatic functions of your body perfectly.

5. You are being restored, healed, refreshed and invigorated.
6. You are safe and secure and everyone loves you.
7. Your mind is peaceful and calm and you will sleep all night.
8. You are happy and joyous and will always remain so.
9. You will have confidence, poise and power as you mature.
10. All fear and anxiety is now banished and you are confident of the future and will sleep soundly all night.

When your child is old enough to give himself auto-suggestions you can convert these ten positive suggestions by changing the second person you, to I, and your child will be able to use these same suggestions for his entire life.

Summary of Chapter Fourteen

1. *Emotional balance reflects in a sound body.*
2. *Subconscious regime for giving your child good health.*
3. *Importance of suggestions during feeding time.*
4. *Calm and quiet important when child is fed.*
5. *Proper toilet habits important for good health.*
6. *What foods your child should eat for good health.*
7. *Avoid letting child watch TV while eating.*
8. *Unpleasant discussions at table should be avoided.*
9. *Sleeping habits should be regulated and enforced.*
10. *Importance of exercise for your child as he matures.*
11. *Correct hygienic habits for better future health.*
12. *How to keep your child from smoking.*
13. *Teach him to avoid dangerous drugs and addiction.*
14. *Ten important suggestions to give your child for better health.*

FIFTEEN

How to Condition Your Child's Subconscious Regarding Sex, Love, and Marriage

Your child's happiness in sex, love and marriage depends to a great extent on the subconscious training you give him in his early, formative years.

You can lay the foundation for a healthy, normal love life when your child is very young. This can be done through a process of subconscious training and also by setting examples of love, unity and happiness in your own marriage.

Children are inclined to emulate the patterns set by their parents in love and marriage. It has been brought out statistically that children from broken homes tend to marry more than once, and often duplicate their parent's marriage patterns.

Your child will begin to show normal curiosity about his body and its functions long before the average parent thinks he should. At two and a half to three years of age, he may begin to ask questions about sex and bodily differences between boys and girls. Even if your child has no brothers or sisters at home, he is

bound to notice that little girls are built differently, for sex curiosity is natural among children at a very early age.

Implant correct ideas about sex

In order that your child develops normally regarding this vital department of his life it is important that you implant the correct ideas and suggestions in his subconscious mind even before he begins to show curiosity about his sex organs or asks questions pertaining to his body or sexual matters. He will begin to ask where babies come from, and why little boys are built differently from little girls, and other questions pertaining to his body and sexual matters. If you wait to instruct him correctly until he goes to school and hears all kinds of disquieting and erroneous information regarding these matters, it is apt to imprint his subconscious mind with the thought that sex is something dirty and secretive. This can give him many complexes that will affect his own future development, and possibly interfere with his own marital happiness in adulthood.

Your love is the greatest example

The greatest example that you can set for your child's future emotional happiness is your love for your family. It has been found in a study of broken homes, where children's subconscious minds were imprinted with the ugly image of bickering, jealousy, quarreling, and promiscuity, that the children were subconsciously inclined to adopt the same identical pattern of behavior in their future love lives.

It was found that in families where the parents had divorces and fought over the children, that these children were so deeply affected by the negative conditions they had witnessed, they in turn, in almost every instance, exhibited in their love lives and marriages, infidelity, and insecurity, and married more than once.

Importance of showing love and affection before your children

In order to avoid having your child acquire the wrong subconscious imprinting in love and marriage, begin to show love and affection openly in your home from the moment your child

is born. If you value his future, *overcome your own personal differences or disagreements within your family structure.* If there are quarrels and violent discussions, avoid having these in front of your children, especially when they are still at that impressionable stage between the first year of life and the fifth or sixth years. By that time they will be so favorably conditioned by what has gone before that they will not be too adversely affected.

As a child matures he requires the love and protection of both parents, if he is to mature into an integrated, well-adjusted and emotionally sound individual. Your child's subconscious mind is indelibly impressed by what he hears, sees and feels emotionally. If that pattern is one of love and understanding from the earliest days he can remember, he will mature into an adult who is emotionally balanced. If he hears constant arguments and discussions that are sordid, or accusations of infidelity and immoral actions, it will torture his sensitive mind and create problems in his future love life that may well prove insurmountable.

Example of Broken Home and Its Effects

Little Barbara, aged three, was brought up in a home where her mother and father quarreled often. The mother was constantly accused by her husband of acts of infidelity. The worst thing they did was to argue bitterly in front of their little girl. The girl would scream in terror at these highly emotional scenes. The father left his wife frequently in self-justified periods of temper and the mother instilled in her daughter's subconscious mind the fact that her father was a brute, that all men were like him, that they had no respect for women and discarded them when they no longer found them attractive. She filled her child's mind with poison regarding the sordidness of sex, the baseness of men, and the general misery that women had to tolerate at their hands.

When Barbara was an adult, she left her mother as soon as she could get a job. She suspected all men who made even simple social advances to her. She was twenty-five years of age when she first came to one of my lectures, and in a private consultation she told me her tragic story. She still believed that all men were beasts, that they only wanted sex from her and nothing else. She had tried dating but always these sessions ended with bitter self-accusations when the men tried to make love to her. She was

firmly convinced that her mother had been right; men were brutes, and she would never marry.

It took a great deal of patient counselling to break the vicious habit-patterns that had been instilled in Barbara's subconscious mind by her mother. She gradually saw the error of her ways and wanted to marry and have a family of her own. She can build a healthy, happy emotional life, if she is strong enough to really *break the subconscious pattern instilled by her mother.* That will take time, and Barbara has already missed several years of healthy, happy, normal living.

Tell your child the truth about his origin

It is agreed by most child psychologists today that nothing is more important in imprinting a child's subconscious mind with facts about sex and human origin than to start right out by telling him the truth.

A child's mind is very resilient and will absorb truth without shock or fear, when facts are presented to him. You can begin your story of his birth as soon as he is old enough to understand your language. Explain how both you and your husband helped create him, and that he started as a little egg in the mother's body and was fed, given air and life by the mother's bloodstream. Then explain that after a while, he grew strong enough to come into the world and have his own life. This idea, being truthful and based on fact, will intrigue the child and remove all traces of shame or false concepts about being found under a mushroom in the back yard, or being carried by a stork to the hospital, or having been brought in a black bag by a doctor.

Use correct terms about his body and its functions

Train your child's subconscious mind from the start to think of his body and its parts as being a part of nature and not something to be ashamed of. His natural modesty, as he matures, will give him reticence and reserve and you need not fear that he will turn into an exhibitionist or become promiscuous because he understands the parts of his body and their various functions.

As soon as your child shows interest in his organs or his little

sister's body, start to explain the natural differences between boys and girls. Tell him that sister is like her mother, and that the boy is built like his father. Use the natural scientific terms in referring to his body and its functions, rather than to try and be cute and call them by strange, unfamiliar names that must be corrected as the child matures.

If the body and its functions are made to seem something to be ashamed of or hidden, and the pretense is made that good people don't touch their genitals, or that little boys should be ashamed of them, or girls are taught that they will get diseases or have babies if boys are allowed to touch them, it will lead to erroneous subconscious impressions that can have serious repercussions on the child's future sex health.

Example of Negative Sex Training

Little Bill was normally curious about his sister when he was six years of age and she was only two. He was caught by his mother carefully examining her body, and he was thoroughly scolded and forbidden to ever touch a little girl in that area of the body again. To make matters worse, his mother told him that a little girl would have a baby if a boy touched her that way. Of course this aroused a terrific subconscious urge in the boy to examine girls to see if they would, indeed, have babies. His teachers reported that in school Billy had been caught on several occasions lifting girl's skirts and viewing their genitals. His mother and father were horrified, and thought their child was some kind of sex deviate and abnormal. They spanked their son and told him again and again that he must refrain from such conduct.

When Billy was only twelve years of age he molested a child of six, and was brought to the attention of the juvenile authorities. Now the parents were convinced that they had a future rapist and child-molestor on their hands. He was beaten repeatedly and told that he was an abnormal child, and that he would wind up in prison. Billy became secretive and hid his sexual activities from that time on, but when he was in high school, in his sophomore year, he made a girl pregnant, and both families were involved in a scandal in their home town that bore out the predictions that Billy's parents had made, that he would wind up over-sexed.

The boy's life was ruined from that time on. If his parents had been careful in their implanting erroneous ideas about sex in Billy's subconscious mind, all that agony might have been spared them. If they had made light of Billy's normal impulse to examine his little sister, and had treated it as a minor incident, they would not have made such a frightful impact on their son's subconscious mind. Many children are set on the wrong path sexually by their parents' misinformation in the child's early, formative years.

Explain sexual differences to your child

If you have only one child, say a boy, and there is no chance for him to observe a baby sister being bathed and dressed, he will eventually want to know about the differences between boys and girls, for when he goes to school he will be confronted by other children who will not only exhibit themselves, but may indulge in sex play with other children. *If your child is prepared for this type of situation, his subconscious mind is apt to be less shocked,* and he will be more inclined to be mature in his reactions to such childish sex play. He will be less likely to promiscuity and experimentation, for his curiosity will have been satisfied and he will accept as normal and natural the role that boys and girls play in nature's scheme for procreation. He should be told of the importance of establishing the pattern of love in marriage for purposes of pleasure and procreation, and he will most likely mature into a normal, well-adjusted adult.

Girls should be told that they must be proud of the fact they are girls and not be made to feel inferior to boys. Often families put so much stress on a desire to have a male child that girls begin to feel left out of the family circle of love. This can stifle a girl's emotional feelings and set the subconscious stage for future marital unhappiness.

EXAMPLE OF GIRL WHO FELT UNWANTED

A little girl was brought up in a family that had wanted a boy for their first child. She heard her mother and father refer to this fact often, but she had their love and felt emotionally secure. Finally, when she was four years of age, a little baby brother came along. He was now the center of the family's loving attention and

the little girl was like an outsider. She felt neglected and resented her baby brother. She became withdrawn, moody and felt unloved and unwanted.

When she became an adult this young lady told me in consultation that her entire life had been embittered by this feeling that her parents did not love her when her brother was born. She could not forgive her mother and father for this neglect and it colored her every thought and emotion with bitterness.

When sexual desires begin to manifest

As the child becomes an adolescent and the sexual desires begin to be manifested, it is wise for the mother to introduce the girl into such matters as the menstrual periods and the proper care of her body. Most girls enter the stage of puberty between the ages of nine and thirteen, and boys usually develop between the ages of eleven and fifteen. It is most important for the parent to start sex education before the age of puberty arrives in either a boy or girl. In fact, most children at the age of four or five begin to ask questions and want information about the functions of the body. The parent should not be embarrassed, for this is natural and the child who is rejected in this respect by his parents will turn to other children for the information he desires. It is better to explain the facts of life simply, as soon as your child begins to ask questions.

It is wise to impress on your child's subconscious mind that sex and love and child-bearing are a most important part of adulthood and that they must make preparations for this great event of their lives. The child will adopt the pattern that the parents set of responsibility, high morality, respect for marriage, consideration for their future mates, and integrity in the relationships of husband and wife.

EXAMPLE OF NEGATIVE TRAINING

A young boy was brought up in a family that was deeply religious and they told their child that sex was something wicked and inspired by the devil. He was warned that he must never indulge in sexual activity except in marriage for purposes of

procreation. When the boy became an adult, he felt a deep sense of inferiority in relation to girls.

When he was twenty-four he fell in love with a girl he wanted to marry. He feared what would happen on the night of the honeymoon, and brooded so over his sexual inferiority that he decided to commit suicide rather than face the shame that he knew would attend his marriage.

It was at this stage that he sought me out for advice as to what he should do. He told me of his early subconscious training, of his feelings of inadequacy and inferiority, and broke down finally and admitted that he was such a failure that he intended to commit suicide when someone had told him to come and see me for help.

It took weeks to adjust this young man's subconscious mind to break down the negative pattern that his parents had imprinted in his subconscious mind as a child. I gave him a program of auto-suggestions that he could use to help himself establish the correct, positive mental habits regarding sex, and four months later this young man felt confident enough to go ahead with his marriage. He reported to me later that he has complete marriage fulfillment.

If you withhold the freely wholesome demonstrations of love and affection in front of your children because *you* were brought up to think such exhibitions as something to be reserved from children your child will absorb the same ideas in his subconscious mind, and think that somehow sex is something to be ashamed of, that affection is tainted and impure. Later, when he marries, his sex relationships may be charged with fear and uncertainty and be an important series of causes for great unhappiness.

Gradual subconscious imprinting for sex training

Your child's sex education can begin as early as two years of age. You will naturally be evolving his powers of speech by relating things to him and his body from the start. You will point to his ear and say, "This is your ear." "This is your eye." "That is your nose." You will probably identify most parts of his body but suddenly you will be silent when it comes to his genitals. Without knowing why, the child senses somehow that you are deliberately

witholding something from him. His little mind soon begins to wonder if there is something wrong about that part of his body that you never mention it.

Curiosity and Sex Experimentation Natural

At four and five, his curiosity will no longer be put off. If he has brothers and sisters, he will touch his own organs or point to his brothers' and sisters', demanding to know such things as: "What is it for?" "Where do babies come from?" If you refuse to answer or tell him to keep quiet and never mention such things, he will have the subconscious impression you must not discusses sex or anything pertaining to those parts of his body which seem to be forbidden. By the time your child is ready for school, he may have become so subconsciously impressed with the wrong ideas about sex that he easily falls prey to other children's unfavorable but eager presentation of these matters. It may shape his subconscious mind with all kinds of erroneous and worst of all—confused impressions about this vital department of his life functions.

If your child seems to show an abnormal interest in sex and his organs at that stage, it is usually because he feels insecure or inadequate because of his wrong early training, and now the training must begin again. Use the subconscious approach to imprint the thought in his mind that these things are normal and natural and then show him how to divert his interest to books, games, sports, class lessons, outings with friends, so as to divert that attention away from himself and his preoccupation with sex.

Child's modesty about the body must be acquired

Do not expect modesty in your child at three or four years of age. He considers it perfectly natural to go through the house naked, or even to go outside without clothes. Modesty is something he must acquire by your example and your instruction. But your child should never be made to feel ashamed of his naked body. It should be explained to him that people wear clothes to keep warm and that as he takes his place in society people do things in certain ways. You can explain to him that people eat in the dining room or kitchen, that the bedroom is for sleeping, the

bathroom for taking care of the body's needs and to keep clean, the living room to see other people and to enjoy playing games and social events.

Regime for imprinting your child's subconscious mind about sex and love

1. Begin to answer your child's questions in simple terms as soon as he asks them about his body, sex, and where babies come from. Your answers will generally satisfy his curiosity.

2. Do not lie about the facts of life and make up strange stories about where he came from. Explain to him the role of the mother and father in birth, but be truthful and tell him the facts simply and without embarrassment.

3. Do not imprint all the facts on his subconscious at one time. Make it a gradual unfoldment, for it could overwhelm his mind if he were to be given too detailed an account of sex, procreation, and birth.

4. If your child asks questions you do not want to answer, do not hem and haw; simply tell him that he is too young to know these things now and that you will tell him when he is old enough.

5. Both parents must be ready to answer a child's questions, for if he asks one parent and he puts him off or tells him to go ask his mother, the child is apt to get the impression that only one parent is qualified to give him the answers to his questions. This is apt to lead to distortion in regard to the other parent, or the feeling that there is something terribly wrong about his questioning, and he may become silent and not confide anything to his parents in the future.

6. When frank questions regarding sex are asked by your child, do not show embarrassment or squirm and hedge. His subconscious mind will instantly sense your evasiveness and he will get the impression that there is something wrong about these functions of the body.

7. If your child brings home the wrong information about sex or his organs, or about where babies come from, and you have not given him truthful answers or the correct information about these

matters before he went to school, admit your mistakes and give him the right information at once.

8. Be certain that you imprint on your child's subconscious mind the importance of love in the human relationship. Your own examples of love in the home will be the greatest subconscious teacher for your young child. As he grows older and the sex question arises, it should be stressed that love is a valuable part in the sexual relationship between men and women, and that future parenthood is one of life's greatest joys and something which he can look forward to with anticipation.

9. At what age should you bring up basic facts regarding sexual desires, danger of disease, the need to use caution in future relations to avoid pregnancy? How much should your child be told regarding things he will soon hear from his school associates, read in books and the newspapers, or see on television and in movies? Should your girl be told how to avoid pregnancy? Should she be forbidden to ever make love outside of marriage? Should your boy be warned of the dangers of promiscuity and disease?

As your child is going to learn about sex, sex crimes, pregnancy, illegitimacy, dangers of venereal disease and other facts that might seem sordid and undesirable from his associates, it is wise for you to give such information to your children, if they require it, for their own protection and future health and happiness.

Your own moral code, your religious convictions, your social mores, should all be imprinted on your child's subconscious mind at this stage of his development. This will be only another facet of the gradual unfoldment of his own mind and nature, and will follow naturally without shock, embarrassment or danger to his future growth and happiness.

10. Many parents make the mistake of imprinting on their child's subconscious minds the fear of strangers, warning of sexual attacks, or pointing out the instances in the daily press where children have been molested.

It is much wiser to teach your child that he should not indulge in promiscuity because of the many dangers involved. But it is not wise to implant fear of strangers in your child's subconscious mind. It is most unlikely that anyone will approach your child with immoral intent and if he is taught to be normally cautious, not to go with strangers, not to accept gifts, not to get into cars

with adults he does not know, you can save yourself much anxiety and your child many unnatural subconscious fears.

Avoid too Much Emphasis on Sex

11. It is wise to make no special issue of sex when your child is growing up. His natural instinct and curiosity will cause him to ask questions pertaining to his body, and why he is different from his sister. Do not sit down and deliver a lecture on sex, but make it a casual thing which you refer to occasionally. This is especially important at the age of puberty, when your child will be very sensitive about his body's growing needs, emotions and inclinations.

The mother should explain to her little girl about the facts of life, menstruation, relations with boys, future motherhood and marriage, without making it sordid or painting a picture of the horrors of childbirth, or the dangers of disease and pregnancy. This subconscious negative approach is apt to fill the child with horror and implant in his subconscious mind the idea that sex is something degrading and shameful, and that children are the result of this unpleasant encounter between men and women.

Father's Duty to Train Son in Sex Matters

12. The father should undertake the same process with his son, when the child approaches the age of ten or eleven, and his body is beginning to go into the stage of puberty. He should be informed about sex, about his body's growing-up processes, and not be painted a picture of dangers of disease, prostitution, pregnancy of the girl, and other related incidents. If the father deals with the subject of sex in a straightforward manner, and does not make it seem like something unclean and to be ashamed of, the boy's subconscious mind will absorb the idea that sex is natural, that marriage is the fulfillment of love, in which nature expresses the natural urge to procreate, and that preparation should be made for this most important event of his future life.

13. At what age should you prepare your child for marriage? It is more than likely that your child will begin to get ideas of marriage into his head when he is in his late teens. Many children feel at seventeen or eighteen that they are sexually mature and their sex drives are strong. They form romantic attachments to

members of the opposite sex that make them feel they can embark upon this romantic adventure and find the life-fulfillment they desire.

You must imprint on your child's subconscious mind these important facts about marriage:

A. That he must complete his education before it is possible to consider such things as marrying and rearing a family.

B. That the body may seem to be mature emotionally, but that there are certain social demands that are made on married persons, and that until he has reached the age of decision and is at least in his early twenties, it is wiser to refrain from taking such added responsibilities on himself.

C. Most marriages that are entered into before the age of twenty end in divorce, for youngsters cannot take the financial burdens and other problems that arise in such early unions.

D. Marriage is a serious step that should last for life, when finally taken. One must be certain that it is permanent love and not physical infatuation.

E. Make him realize that he must be mentally and financially equipped to support a wife and family and that without a good education, he can never make more than a few dollars a day. *Poverty can kill love,* and competition in the industrial world is so great today that only a boy with a good education can compete with those who have prepared themselves for the better positions in life.

F. Make out an impressive list of the things he must have to support a wife and family costs of rent, first child, clothing, food, educating that child. Then make out a list of the possible jobs and income for those without a higher education. Soon you will imprint on his subconscious mind the need of waiting for that most important step of marriage.

Summary of Chapter Fifteen

1. *Lay the foundation for a healthy, normal love life.*
2. *The age at which to begin subconscious sex training.*
3. *How to implant the correct ideas about sex.*
4. *Setting an example for your child by your own marriage.*

5. *How to avoid the tragedy of broken homes for your child.*
6. *Importance of openly showing love and affection in the home.*
7. *How to tell your child the truth about his origin.*
8. *Use the correct words to designate the parts of the body.*
9. *Sexual differences should be explained.*
10. *How to give your child early subconscious sex training.*
11. *What to do when child's sexual desires begin to manifest.*
12. *How to prepare a daughter for bodily changes.*
13. *How to build emotional security in your child.*
14. *Subconscious sex education should begin at two years of age.*
15. *The thirteen subconscious steps to imprint on your child for future sex, love and marriage.*